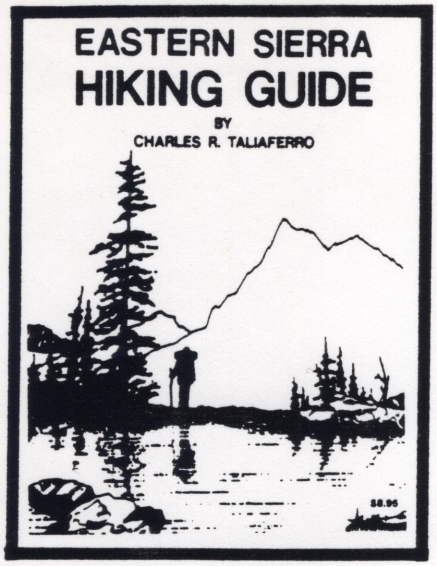
EASTERN SIERRA HIKING GUIDE

CHARLES R. TALIAFERRO

Lovella



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PUBLISHED BY

HIGH SIERRA
ADVENTURES®

TRAILHEAD
SHUTTLE SERVICE

POST OFFICE BOX 218
INDEPENDENCE, CA 93526

This Guide is dedicated to my parents, Charles and Anna Mae Taliaferro, who first showed me the beauty of the High Sierras in August, 1952. I will be forever indebted to them for that.

This is wilderness—
created by God,
molded by nature;
the province of wild creatures,
the far retreat of man.

LAST CHANCE MEADOW

Hikers don't use this trail much, and that makes it all the better. Formerly, it was one of the most heavily traveled trails in the Sierras. The reason for this is the new paved road to Horseshoe Meadow. What are we talking about? The old Cottonwood Creek Trail to Cottonwood Lakes. The use of the term "Horseshoe Meadow" has almost been taken to the generic extreme. For you must traverse Last Chance Meadow before reaching "Horseshoe Meadow," at least coming from the east. The pack station is gone now, but the massive oak trees are still there, guarding this deep and majestic canyon. Most people, traveling along Highway 395, are totally unaware of the hidden natural beauty in this canyon with its wild mountain stream and sheer granite walls. It's well worth the hike.

TRAILHEAD LOCATION: 9-miles south of Lone Pine on Highway 395, turn west on Cottonwood Creek Road. Drive 3.1-miles and you arrive at the trailhead. As you travel up the canyon, notice the log-bridges across the creek. They were placed there to allow hikers to get across during high-water. Just before you reach the trailhead, on the right, you will notice a green house. Below this is the intake for the penstock that delivers water to power the turbines at the Cottonwood Powerhouse at the base of the mountain.

TRAILHEAD ELEVATION: 5,350-feet.

HIGHEST ELEVATION: 9,360-Feet (where the trail connects with paved road).

TRAIL DISTANCE: 5.7-miles.

TRAIL DIFFICULTY: Strenuous to very strenuous.

SEASON: This trail is normally open June to October.

WEATHER: You are starting out at a lower elevation and summer temperatures can be quite warm. Early evening can be cool and temperatures can dip to freezing at night. Thunderstorms and showers are possible in the summer afternoons. Snow can fall from late-September to early-May.

WATER: Carry a full canteen of safe drinking water. Giardiasis is a serious problem, so make sure you treat all water obtained along the trail. The trail follows the creek, so you always get water.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: There is an undeveloped area next to the trailhead. No facilities at all.

GENERAL STORE & RESTAURANT: Lone Pine to the north or Olancha to the south.

PACK STATION: None here, but Cottonwood Pack Station is located at the end of the trail on Horseshoe Meadow Road. Contact: Dennis Winchester, St. Rt. 1, Box 81-A, Independence, CA 93526, or call (619) 878-2015.

LAST CHANCE MEADOW (Continued)

PARKING: Parking is available adjacent to the trailhead (unpaved).

FISHING: Not the best in the world, but is good from the end of the dirt road to the intake. The Rainbow Trout end up in the sand traps at the penstock intake, so it's like a real small pond. And this is the area that the Department of Fish & Game plants -it's worth a try.

MAPS: USGS (15-minute quads): Olancha and Lone Pine, California.

LAST CHANCE TRAIL REGULATIONS:

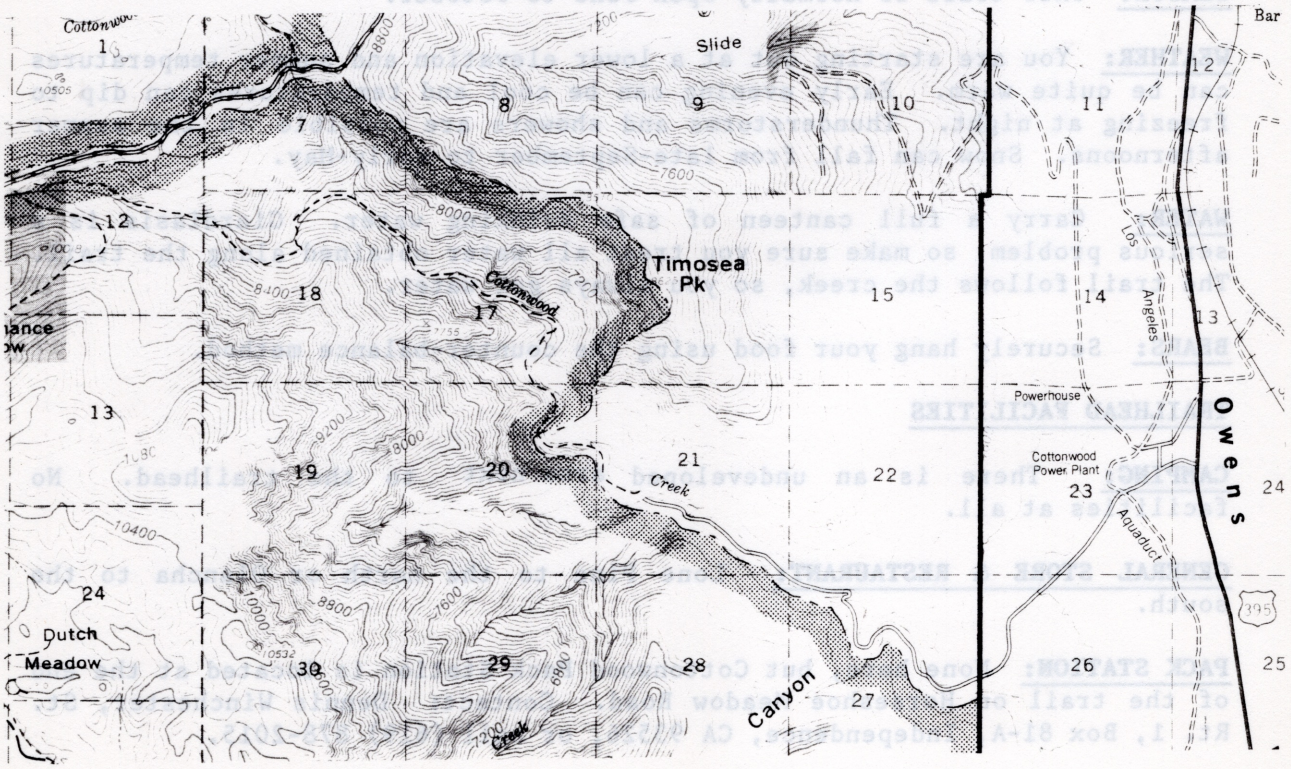
1. A wilderness permit is required for all overnight trips.

2. See section devoted to Wilderness Regulations.

SIDE TRIPS: After you get to the end of the trail, you might consider going to Cottonwood Pass or the Cottonwood Lakes.

ALTERNATE: You can reverse your trip and hike down the trail. Have someone shuttle you to the top via Horseshoe Meadow Road and then pick you up at the bottom.

HISTORY: As you make your way up the canyon you will discover remains of the old flume, built to transport logs and lumber to Owens Lake. The flume and sawmill was built in 1873 by Col. Sherman Stevens. At the end of your hike you will see the remains of the mill on the north side of Cottonwood Creek.



COTTONWOOD PASS TRAIL

The Cottonwood Pass Trail provides access to the Pacific Crest Trail and the northern portion of the Golden Trout Wilderness, Sequoia National Park and Kern Plateau. The area is characterized by scenic subalpine meadows and an increasing number of backpackers are using this entry point to reach the Mt. Whitney Trail.

TRAILHEAD LOCATION: Horseshoe Meadow is located 24.2 miles from Lone Pine. The road is usually open from late May to late October. To reach Horseshoe Meadow Road, turn west on Whitney Portal Road at the traffic signal in the center of Lone Pine. Drive 3.5 miles and turn south (left) on Horseshoe Meadow Road. Continue 20.7 miles to the locked gate near the roadend (it is possible that the USFS will open the gate in mid-season to the new facilities at the trailhead). Follow signs west from here to the trailhead at the end of the paved road.

TRAILHEAD ELEVATION: 9,800 feet.

HIGHEST ELEVATION: 11,180 feet at Cottonwood Pass.

TRAIL DIFFICULTY: Moderate.

SEASON: Usually, the trail is free of snow from late June to October.

WEATHER: Summer days may be quite warm but night temperatures frequently drop to freezing or below. Afternoon thunderstorms are common in summer and fall. Snowstorms occur from September to May.

WATER: Carry one day's supply of safe drinking water. Giardiasis is a serious problem (see section on making water safe). Some of the creeks may be dry my mid-summer.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: A undeveloped camping area and public corral are located across from the Pack Station, 1-mile below the locked gate. Toilets and garbage cans are provided. There is no piped water. Creek water is available but should be treated.

PACK STATION: Service into Cottonwood Lakes Basin, Sequoia National Park and the Golden Trout Wilderness/Kern Plateau. Included are spot trips, all-expense trips and day rides. Contact: Dennis Winchester, Cottonwood Pack Station, St. Rt. 1, Box 81-A, Independence, CA 93526, telephone (619) 878-2015.

PARKING: Available along the side of the road near the locked gate. Parking can be crowded on weekends and holidays. Patrolled by USFS.

FISHING: Special regulations apply in Cottonwood Creek drainage. Season: July 1st to October 31st. Tackle: Flies or artificial lures with single barbless hooks only. Limit: Five trout. Golden Trout Wilderness special fishing regulations. Season: Last Saturday in April to November 15th.

COTTONWOOD PASS TRAIL (Continued)

MAPS: USGS (15-minute quads): Olancha and Kern Peak, California. Also, Forest Service Wilderness Area topo maps (15-minute scale: Golden Trout and South Sierra Wilderness ($1.50 postpaid); John Muir Wilderness and Sequoia/King Canyon National Parks ($3.00 postpaid). Order from Mt. Whitney Ranger District, P.O. Box 8, Lone Pine, CA 93545.

COTTONWOOD PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. Campfires are not permitted in the following areas: Chicken Spring Lake, Rocky Basin Lakes and Sequoia National Park above 11,200-feet. Portable gas stoves are recommended.

3. To protect water quality, camp at least 100-feet from any water source. Toilets should be at least 100-feet from camps and water.

4. Miscellaneous Regulations: A California State Fishing License is required for all fishing. Discharging of firearms in Wilderness is permitted only for taking of wildlife as allowed by state law. Hunting is prohibited in the National Park. Pets and firearms are not allowed in Sequoia National Park. Yield the right-of-way to pack and saddle stock on trails. Stand quietly, well off the trail and in full view until stock has passed. Camp without a trace, keep the wilderness unspoiled and undamaged.

SPECIAL NOTES: The highway up the face of Wonoga Peak to the Cottonwood Pass Trailhead is one of the best in the Sierra's. You pass through a number of climatic zones and the views are breathtaking. Towards the summit you pass Walt's Point. During the summer months hang glider enthusiasts take off here to soar over the Owens Valley. Just a few hundred feet past Walt's Point, on your right and set-back is a beautiful little waterfall. As you make the summit you view one of the most scenic meadows in the Sierras. To the left and down in the canyon are the remains of the Col. Sherman Stevens sawmill, built in June of 1873.

COTTONWOOD LAKES TRAIL

The Cottonwood Lakes Trail provides access to the southern portion of the John Muir Wilderness and Sequoia National Park. The Cottonwood Lakes are home to the beautiful Golden Trout, California's state fish.

TRAILHEAD LOCATION: Horseshoe Meadow is located 24-miles from Lone Pine. The road is usually open from late May to late October. To reach Horseshoe Meadow Road, turn west on Whitney Portal Road at the traffic signal in the center of Lone Pine. Drive 3.5 miles and turn south (left) on Horseshoe Meadow Road. Continue 20.5 miles to the trailhead, which is 3/4-mile west of the Pack Station, on the north shoulder of the road.

TRAILHEAD ELEVATION: 9,660-feet.

ELEVATION OF LAKE BASIN: 11,008-feet at Cottonwood Lake #1.

ELEVATION AT NEW ARMY PASS: 12,385-feet.

COTTONWOOD LAKES TRAIL (Continued)

TRAIL DIFFICULTY: Moderate to the lake basin; strenuous over New Army Pass.

SEASON: Normally, the trail is free of snow from early July to early October.

WEATHER: Summer days may be quite warm but night temperatures often drop to freezing or below -even in the summer months. Afternoon thunderstorms are common. Snowstorms occur from September to mid-May.

WATER: Water is available near the trail as far as High Lake. Carry water if you will be traveling over New Army Pass as there is no consistent source of water. Water must be treated.

BEARS: Bears have not been a problem in the Cottonwood Lakes Basin in the past. However, many areas of adjacent Sequoia National Park and the Kern Plateau are as popular with bears as they are with people, so it would be advisable to securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: An undeveloped camping area and public corral are located across from the Pack Station. Toilets and garbage cans are provided. No piped water. Creek water is available but must be treated. The campground is located in a perfect alpine setting. Tall pine trees and the meandering stream are just right for a layover to acclimate yourself to the altitude.

PACK STATION: Service into Cottonwood Lakes Basin, Sequoia National Park and the Golden Trout Wilderness/Kern Plateau. Included are spot trips, all-expense trips and day rides. Contact: Dennis Winchester, Cottonwood Pack Station, St. Rt. 1, Box 81-A, Independence, CA 93526, telephone (619) 878-2015.

PARKING: Available along both sides of the road near the trailhead. Parking can be crowded on weekends and holidays. Patrolled by USFS.

FISHING: Special regulations apply. Season: July 1st to October 31st. Cottonwood Lakes 1, 2, 3 and 4 and their tributaries are closed to fishing. Use only artificial lures or flies with single barbless hooks. The limit is five trout. Save yourself some money. The Trailhead Shuttle Service driver reports that many people have to leave their worms they just purchased in Lone Pine with him -as bait is not allowed. The Game Warden regularly patrols this area.

MAPS: USGS (15-minute quads): Olancha and Lone Pine, California. Also, USFS John Muir Wilderness & Sequoia/Kings Canyon National Parks topo map set (15-minute scale) available from USFS, Mt. Whitney Ranger District, P.O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.

COTTONWOOD LAKES TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight hikes.

2. Campfires are not permitted in the following areas: Cottonwood Lakes

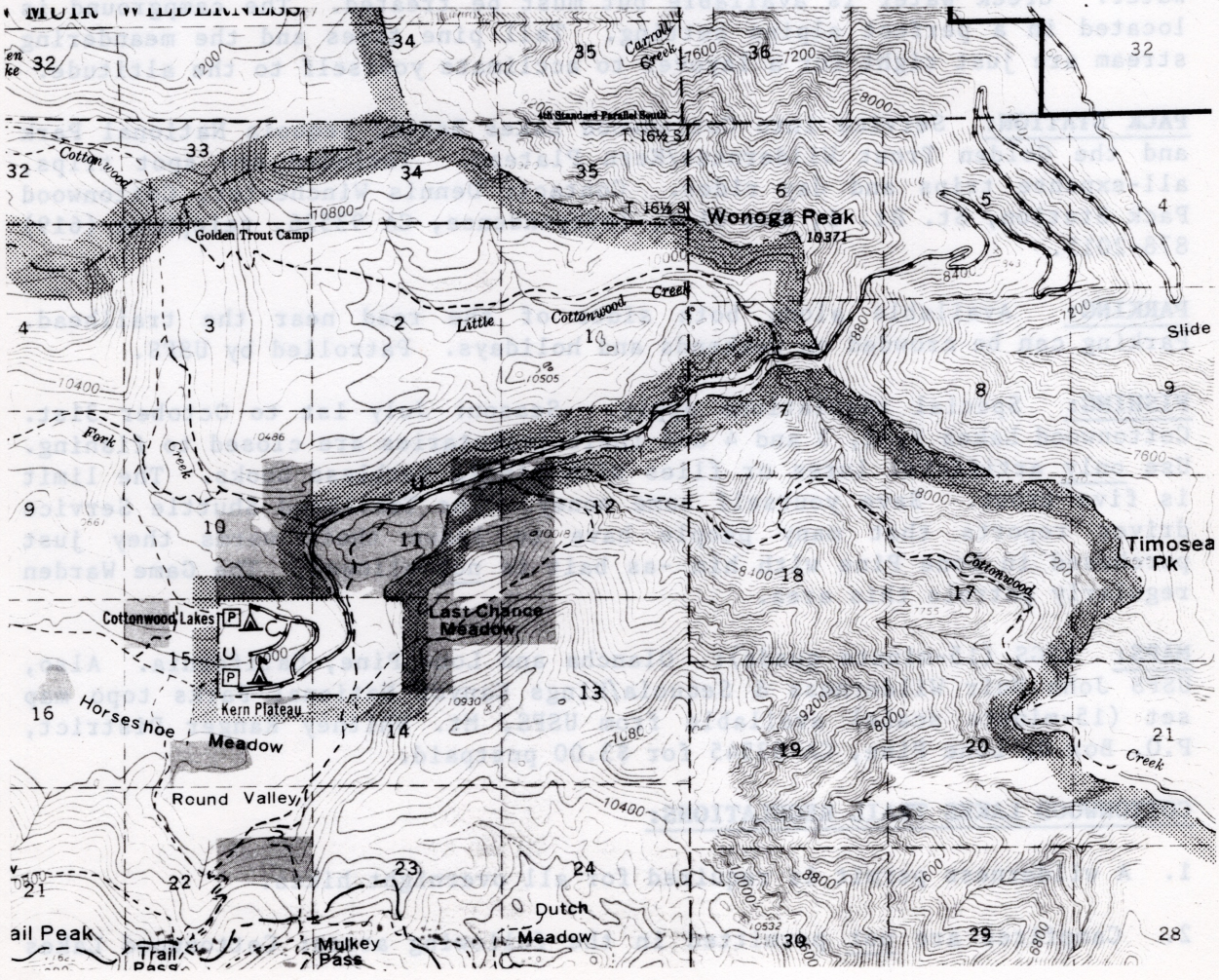
COTTONWOOD LAKES TRAIL (Continued)

Basin (including South Fork and Cirque Lakes) from July 1st to September 15th and within 300-feet of any water in the same area from September 16th to June 30th. No campfires are allowed in Sequoia National Park above 11,200-feet. Portable gas stoves are recommended. Campfires are not permitted at Chicken Spring Lake.

3. To protect water quality, camp at least 100-feet from any water source. Toilets should be at least 100-feet from camps and water.

4. Miscellaneous Regulations: A California State Fishing License is required for all fishing. Discharging of firearms in the wilderness is permitted only for taking of wildlife as allowed by state law. Hunting is prohibited in the National Park. Pets and firearms are not allowed in Sequoia National Park. Yield the right-of-way to pack and saddle stock on trails. Stand quietly, well off the trail in full view until stock has passed. Learn to camp without a trace: Every hiker shares the responsibility to keep the wilderness unspoiled and undamaged. Practice minimum impact camping.

COTTONWOOD LAKES TRAIL MILEAGE: From trailhead to: Cottonwood Lake #1 - 4.5-miles, Cottonwood Lake #5 -5.8-miles, South Fork Lakes - 4.5-miles, Long Lake - 5.5-miles, and New Army Pass - 7.2-miles.



TRAIL PASS & MULKEY PASS TRAILS

Trail Pass and Mulkey Pass Trails provide access to the Pacific Crest Trail and the northern portion of the Golden Trout Wilderness and Kern Plateau. This area is characterized by gently rolling terrain with majestic subalpine meadows.

TRAILHEAD LOCATION: Horseshoe Meadow is located 24.2-miles from Lone Pine. The road is usually open from late May to late October. To reach Horseshoe Meadow Road, turn west on Whitney Portal Road at the traffic signal in the center of Lone Pine. Drive 3.5-miles and turn south (left) on Horseshoe Meadow Road. Continue 20.7-miles to the locked gate near the roadend. Approximately 100-yards from the gate, the trail heads south toward the meadow. Follow the trail for 3/4-mile where it forks; Trail Pass is to the right and Mulkey Pass to the left. The Mulkey Pass Trail was constructed as a stock trail, to be used by cattle. In the summer months it can be dry and dusty.

TRAILHEAD ELEVATION: 9,840-feet.

HIGHEST ELEVATION: Trail Pass - 10,500-feet. Mulkey Pass - 10,380-feet.

TRAIL DIFFICULTY: Moderate.

SEASON: The trails are snow-free from mid-June to mid-October in years of normal snowfall.

WEATHER: Summer days may be quite warm but night temperatures often drop to freezing or below. Afternoon thunderstorms are common in the summer and fall months. Snowstorms occur from late September to early May.

WATER: Carry one day's supply of safe drinking water. Giardiasis is a serious problem. Treat all water. Some of the streams may be dry by mid-summer. See special section of making your drinking water safe.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES:

CAMPING: An undeveloped camping area and public corral are located across from the Cottonwood Pack Station, 1.5-miles below the locked gate. Toilets and trash cans are provided. No piped water but creek water is available and should be treated.

PACK STATION: Service into Cottonwood Lakes Basin, Sequoia National Park and the Golden Trout Wilderness/ern Plateau. For more information contact: Dennis Winchester, Cottonwood Pack Station, St. Rt. 1, Box 81-A, Independence, CA 93526 or call (619) 878-2333. Many trips are available.

PARKING: Available along the side of the road near the locked gate. Parking can be crowded on weekends and holidays.

FISHING: State of California fishing regulations apply. Golden Trout Wilderness area has special fishing regulations. Season: Last Saturday in April to November 15th. Use only artificial lures or flies with single

TRAIL PASS & MULKEY PASS TRAILS (Continued)

hooks. There is a limit of five-trout.

MAPS: USGS (15-minute quads): Olancha and Kern Peak, California. The Forest Service has a great topographic map of the Golden Trout and Southern Sierra Wildernes Area in the 15-minute scale for $1.50 (postpaid) or you can pick it up at the Ranger Station in Lone Pine. To get it by mail; USFS, Mt. Whitney Ranger District, P.O. Box 8, Lone Pine, CA 93545.

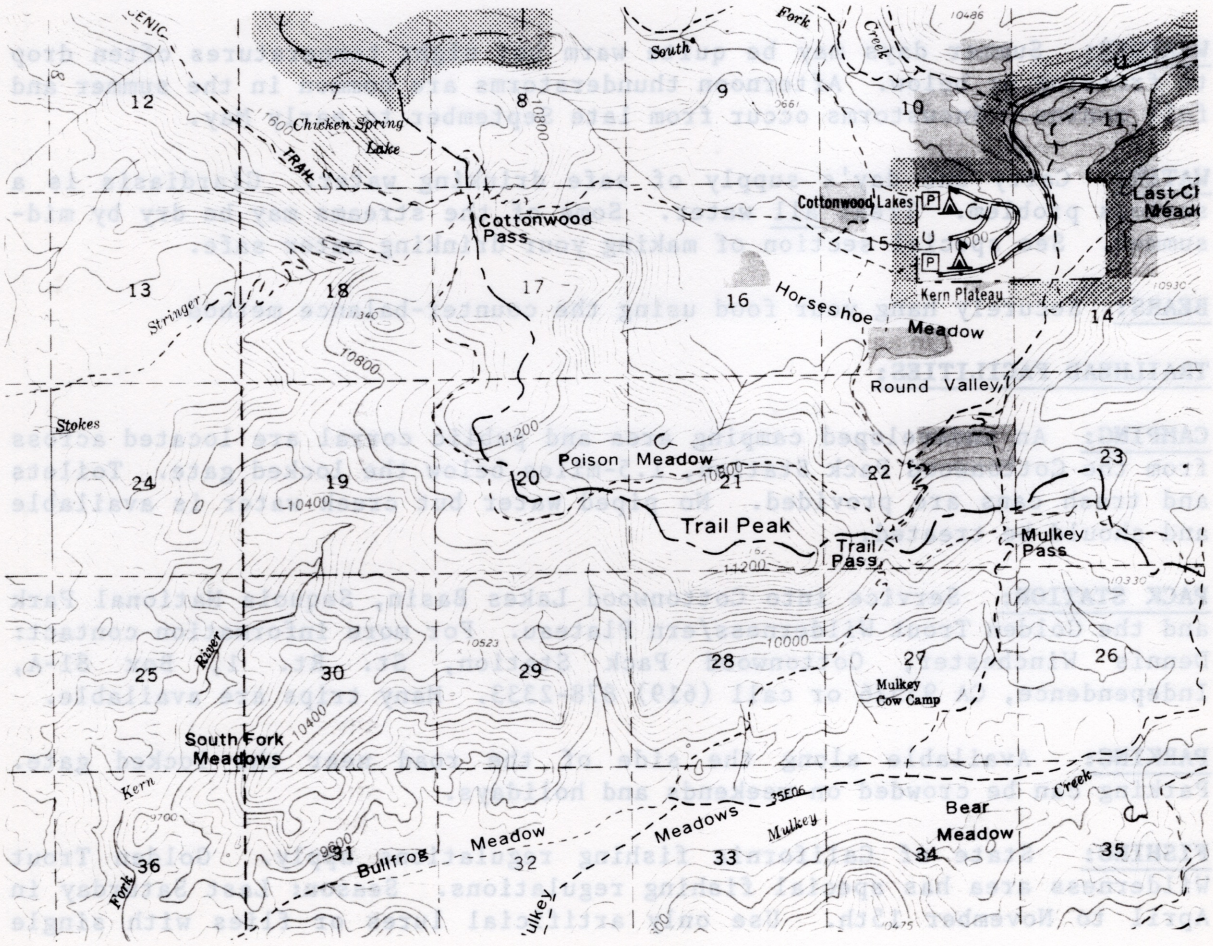
TRAIL PASS & MULKEY PASS REGULATIONS:

1. A wilderness permit is required for all overnight hikes.

2. Campfires are not permitted in the following areas: Chicken Spring Lake, Rocky Basin Lakes and Sequoia National Park above 11,200-feet.

3. To protect water quality, camp at least 100-feet from any water source.

4. Miscellaneous Regulations: Discharging of firearms in the wilderness is permitted only for taking of wildlife as allowed by State of California law. No hunting is allowed in the National Park. Pets and firearms are not allowed in Sequoia National Park. Yield the right-of-way to pack and saddle stock on trails. Stand quietly, well off the trail and in full view until stock has passed. Please keep the wilderness clean.



MEYSAN LAKE TRAIL

The steep 4.7-mile Meysan Lake Trail leads to a beautiful alpine lake basin. It also provides access to the climbing routes on Lone Pine Peak, Mt. Mallory, Candlelight Peak, and other peaks.

TRAILHEAD LOCATION: Whitney Portal Campground is located 12-miles west of Lone Pine on Whitney Portal Road. Whitney Portal Road intersects Highway 395 at the traffic signal in the center of Lone Pine. The road is usually open from May to early November. In winter, the last 6-miles of the road are not plowed.

TRAILHEAD ELEVATION: 7,900-feet.

HIGHEST ELEVATION: 11,460-feet at Meysan Lake.

TRAIL DIFFICULTY: This hike is not for wimps! It's strenuous, especially for those not acclimated to high altitude. This trail is infrequently maintained and may be difficult to follow in places. The section from Camp Lake to Meysan Lake is a faint path on a rocky slope.

SEASON: The trail is free of snow from mid-July to early October in years of normal snowfall.

WEATHER: Summer days may be quite warm at lower elevations but temperatures at Meysan Lake are usually cool. Night temperatures frequently drop to frezing or below even in the summer months. Afternoon thunderstorms are common and snowstorms normally occur from September to mid-May.

WATER: Carrying your own water is recommended as water is not easily available along the trail. Treat all water. Safe drinking water is available at the campground or at Whitney Portal from faucets and does not have to be treated.

BEARS: Not a problem.

TRAILHEAD FACILITIES

CAMPING: Forest Service Campgrounds. Sites available on a first-come/first-served basis with the exception of the Whitney Portal Group Campground. Whitney Portal (1-mile east of the Portal) 44-unit family campgroundwith piped water and flush toilets, $7.00-day. Whitney Portal Trailhead (next to the overnight parking area) 10 walk-in sites; one night limit; $3.00-day. Whitney Portal Group Campground, 3-group sites available by reservation at $18.00/site/day. Contact Inyo Recreation Enterprises, P. O. Box 295, Bisop, CA 93514 or call (619) 873-5822. Campgrounds at Whitney Portal are usually open from May 15th to October 15th. Lone Pine Campground, approximately 6-miles west of Lone Pine on Whitney Portal Road is a 44-unit family campground with piped water and vault toilets, $5.00-day, open all year but no piped water November to May.

PICNIC AREA: This is located at Whitney Portal day use area. There are picnic tables, grills and a fishing pond.

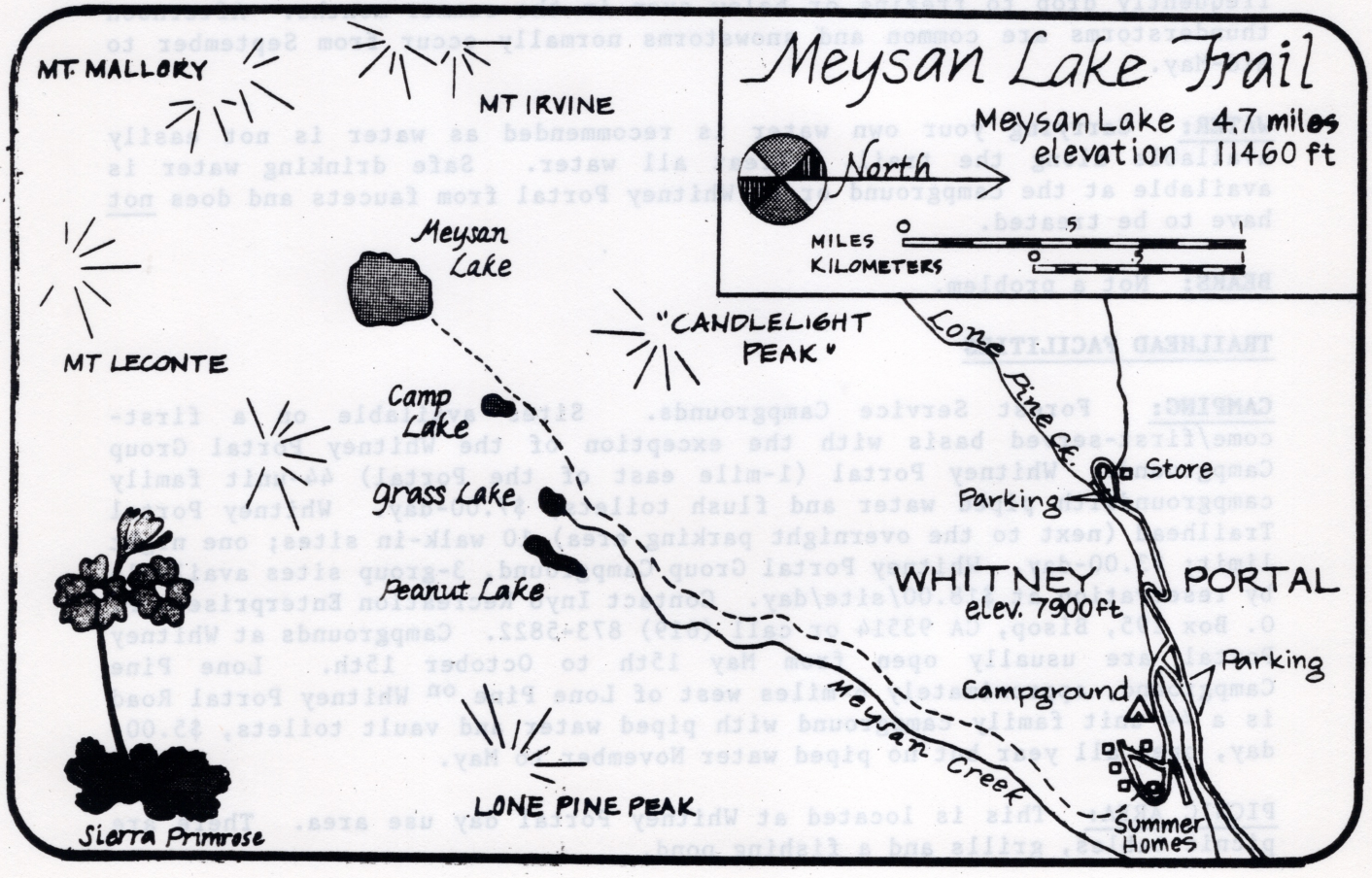
MEYSAN LAKE TRAIL (Continued)

GENERAL STORE & RESTAURANT: Jerry and Jan Kisker operate the Whitney Portal Store & Restaurant from mid-May to mid-September. No telephone is available but you can usually reach them on CB channel 19. They stock a wide assortment of backpacking gear, maps, water bottles and such. The restaurant menu is hearty and hamburgers to steaks are served. You can eat inside or on the patio. You can also get a hot shower and towel for a reasonable fee. Parking is limited.

PARKING: Hikers using the Meysan Lake Trail must park on the south side of Whitney Portal Road at the campground. There are signs indicating this area. It's a good idea to chock your vehicle's wheels.

TRAIL LOCATION: Hikers must walk through the Whitney Portal Campground to reach the trailhead. Enter the campground on the blocked access road from the designated parking area on Whitney Portal Road. Check the directions on the bulletin board and follow the directional signs through the campground. You also pass through the summer homes tract.

MAPS: USGS (15-minute quads): Mt. Whitney & Lone Pine, California. USFS John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set (15-minute scale) available from the USFS, Mt. Whitney Ranger District, P. O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.



MT. WHITNEY TRAIL

The 10.7 mile Mt. Whitney Trail leads to the highest peak in the contiguous United States. It is the most frequently climbed peak in the Sierra Nevada, and perhaps the entire United States. The view from the summit can only be described as spectacular. This peak was named after Josiah Dwight Whitney, chief of the State Geological Survey from 1860 to 1874. Mt. Whitney was first climbed on August 18, 1873 by four men from Lone Pine. The first woman to reach its summit was in 1878. A trail was built to the top in 1904. The hut at the summit was constructed in 1909 and still stands.

TRAILHEAD LOCATION: Whitney Portal can be reached by driving 13-miles west of Lone Pine on Whitney Portal Road. Whitney Portal Road intersects Highway 395 at the traffic signal in the center of Lone Pine. The road is normally open from May to early November. In winter the last six miles of the road are not plowed.

TRAILHEAD ELEVATION: 8,365-feet.

HIGHEST ELEVATION: 14,494-feet (some might argue that it is 14,495-feet).

ON ROUTE DISTANCE AND TRAIL ELEVATIONS:

1. Enters John Muir Wilderness, 0.5-mile, 8,480-feet.
2. Lone Pine Lake junction, 2.5-miles, 9,420-feet.
3. Outpost Camp, 3.5-miles, 10,365-feet.
4. Mirror Lake, 4.0-miles, 10,640-feet.
5. Trailside Meadows, 5.0-miles, 11,395-feet.
6. Trail Camp, 6.0-miles, 12,039-feet.
7. Trail Crest (enters Sequoia National Park), 8.2-miles, 13,000-feet.
8. John Muir Trail, 8.7-miles, 13,480-feet.
9. Mt. Whitney summit, 10.7-miles, 14,494-feet!

TRAIL DIFFICULTY: Strenuous, especially to those not acclimated to high altitudes. Altitude sickness can be a problem. Often, hikers will reach Whitney Portal a day early and spend the night prior to making the hike.

SEASON: Usually, the trail is free of snow from mid-July to early October. Ice patches freqently remain on the switchbacks above Trail Camp all summer long.

WEATHER: Summer days may be quite warm at lower elevations but temperatures at the summit are usually quite cool. Night temperatures often drop to freezing or below even in the summer months. Afternoon thunderstorms are common. Snowstorms occur from September to mid-May.

MT. WHITNEY TRAIL (Continued)

SPECIAL EQUIPMENT: Ice axe and crampons are usually needed in the spring and early summer.

WATER: Water is available near the trail as far as Trail Camp. Carry water to the summit as there is no dependable source. Giardiasis is a problem and you should treat all water you obtain on route. Good drinking water is available at Whitney Portal, and you should fill-up prior to departing on your hike.

BEARS: Not a problem.

TRAILHEAD FACILITIES

United States Forest Service Campgrounds. The camping sites are available on a first-come/first-served basis with the exception of the group campground sites where reservations are required.

1. Whitney Portal, 1-mile east of the Portal itself. This is a 44-unit family campground with flush toilets and good piped water. The cost is $7.00 per-day.

2. Whitney Portal Trailhead, is next to the overnight parking area. Features 10 walk-in sites, one night limit, costs $3.00/day.

3. Whitney Portal Group Campground, 3 group sites available by reservation at $18.00 per day per site. Contact Inyo Recreation Enterprises, P. O. Box 295, Bishop, CA 93514 or call (619) 873-5822.

NOTE: The campgrounds at Whitney Portal are usually open from May 15th to October 15th.

4. Lone Pine Campground (6-miles west of Lone Pine on Whitney Portal Road), is a 44-unit facility with piped water and vault toilets, costs $5.00 per day. Open all year. No piped water from November to May.

PICNIC AREA: Day use area, picnic tables, grills and good fishing pond.

TRAVEL TRAILERS: The paved road to Whitney Portal is steep and has switchbacks. Towing travel trailers there is not recommended. RV camping past the Whitney Portal Group Campground is not permitted.

GENERAL STORE & RESTAURANT: Jerry and Jan Kisker operate the Whitney Portal Store and Restaurant from mid-May to mid-September. No telephone is available but you can usually reach them on CB channel 19. They stock a wide assortment of food, backpacking gear, maps, water bottles and such, as well as their "world famous" Mt. Whitney T-Shirt. The restaurant menu is hearty and hamburgers to steaks are served. You can eat inside or on the scenic patio. Weary hikers can get a hot shower and towel for a reasonable fee. Parking is limited.

PARKING: Parking is limited. Backpackers must park in the overnight area reserved for them. Just watch for the "No Parking" signs and painted red curbs if there is any doubt in your mind. Violations are subject to

MT. WHITNEY TRAIL (Continued)

citation or even being towed. During the 1986 season a large group of vehicles were towed into Lone Pine because they were blocking the Whitney Portal exit (or east-bound lane), they also received a citation. All this can be quite expensive if you do not park in the indicated sites. Overflow parking is located on the south shoulder of Whitney Portal Road, 500-feet east of the overnight parking area. It's a good idea to chock you vehicle's wheels here.

MAPS: USGS (15-minute quads): Mt. Whitney and Lone Pine, California. USFS: John Muir Wilderness & Sequoia/Kings Canyon National Parks topographic map set (15-minute scale); available from the Mt. Whitney Ranger Station, P. O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.

GUIDEBOOKS: CLIMBING MOUNT WHITNEY by Tom Wheelock and Tom Condon, La Siesta Press, P. O. Box 406, Glendale, CA 91209. HIGH SIERRA HIKING GUIDE #5: MT. WHITNEY by Thomas Winnett, Wilderness Press, 2440 Bancroft Way, Berkeley, CA 94704. Wilderness Press also publishes a number of books on the Sierras, hiking, and the best guide to the Pacific Crest Trail. We recommend their guidebooks highly!

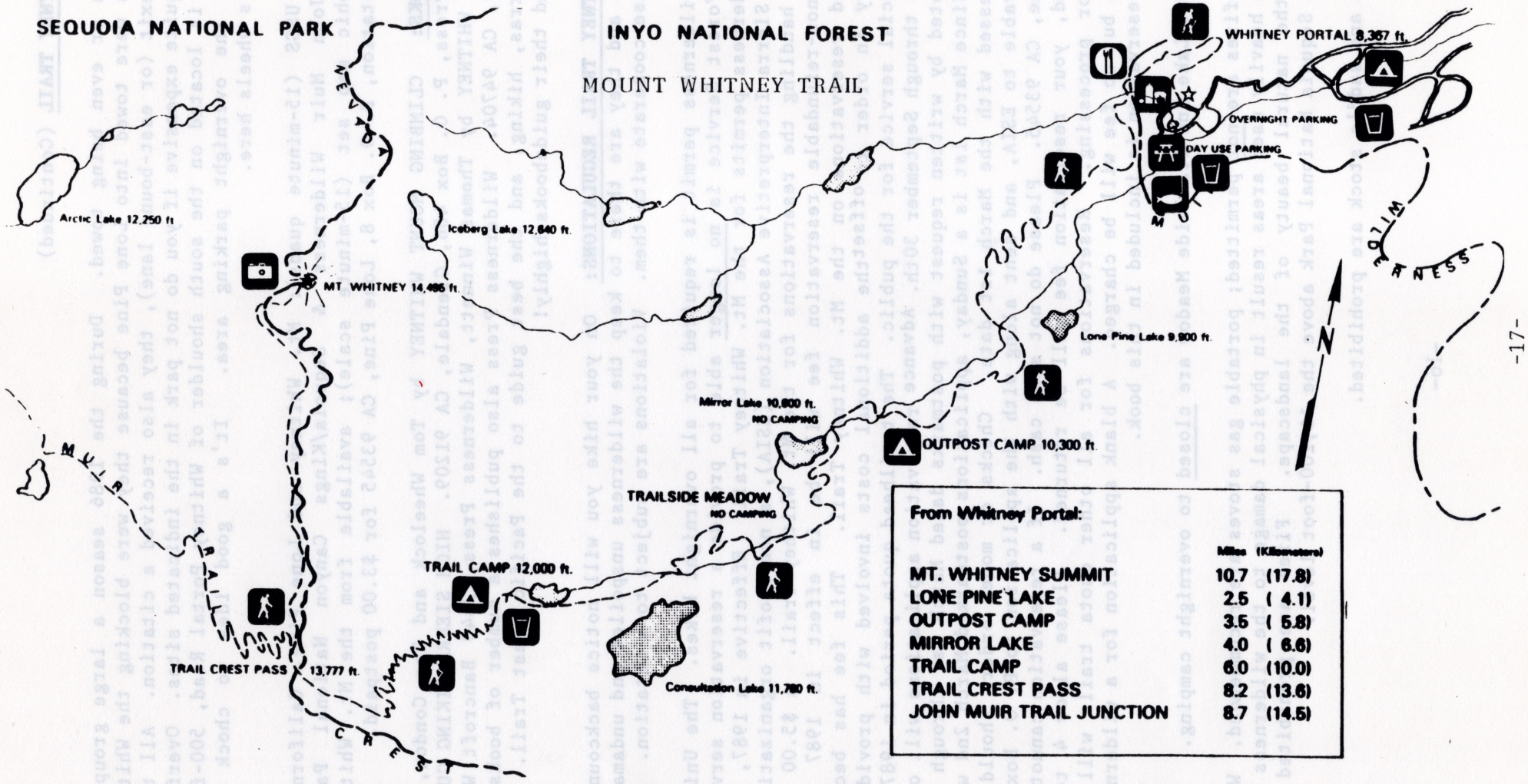
MT. WHITNEY TRAIL REGULATIONS: On your hike you will notice backcountry Rangers, and they are there to keep the wilderness unspoiled and undamaged -so please cooperate with them. Violations are subject to a citation.

1. A wilderness permit is required for all overnight hikes. The United States Forest Service is no longer able to provide a reservation service for wilderness permits for the Mt. Whitney Trail. Effective in 1987, the Eastern Sierra Interpretive Association (ESIA), a non-profit organization, will be handling the reservations for the Mt. Whitney Trail. A $5.00 per person non-refundable reservation fee will be in effect in 1987 for confirmed reservations on the Mt. Whitney Trail. This fee has become necessary in order to offset the additional costs involved with providing this special service for the public. The trailhead quota period in 1987 is May 22nd through September 30th. Advance reservation applications will only be accepted by written request with postmarks dated March 1st through May 31st. Since March 1st is a Sunday, applications postmarked March 2nd will be processed with the March 1st date. Checks or money orders should be made payable to ESIA, and sent along with the application to P. O. Box 8, Lone Pine, CA 93545. Please do not send cash. If a reservation cannot be confirmed, your reservation fee will be returned. Please allow 4 to 6 weeks for processing. Reservations for all other quota trails will be accepted but no fee will be charged. A blank application for a wilderness permit reservation is included in this book.

2. Mirror Lake and Trailside Meadow are closed to overnight camping.

3. Campfires are not permitted; portable gas stoves are recommended. Wood fires in heavily used areas result in physical damage to the wilderness and impair the natural beauty of the landscape. Fires are prohibited in adjacent Sequoia National Park above the 11,200-foot level.

4. Pack and saddle stock are prohibited.


SEQUOIA NATIONAL PARK
INYO NATIONAL FOREST
MOUNT WHITNEY TRAIL
WHITNEY PORTAL 8,367 ft.
OVERNIGHT PARKING
DAY USE PARKING
Arctic Lake 12,250 ft.
Iceberg Lake 12,640 ft.
MT. WHITNEY 14,495 ft.
Lone Pine Lake 9,900 ft.
Mirror Lake 10,600 ft.
NO CAMPING
OUTPOST CAMP 10,300 ft.
TRAILSIDE MEADOW
NO CAMPING
TRAIL CAMP 12,000 ft.
TRAIL CREST PASS 13,777 ft.
Consultation Lake 11,780 ft.
JOHN MUIR TRAIL
WHITNEY CREST
N
From Whitney Portal:
Miles (Kilometers)
MT. WHITNEY SUMMIT 10.7 (17.8)
LONE PINE LAKE 2.5 (4.1)
OUTPOST CAMP 3.5 (5.8)
MIRROR LAKE 4.0 (6.6)
TRAIL CAMP 6.0 (10.0)
TRAIL CREST PASS 8.2 (13.6)
JOHN MUIR TRAIL JUNCTION 8.7 (14.5)
☆TRAILHEAD
★ MOUNT WHITNEY SUMMIT
CAMPING
STORE & RESTAURANT
WATER
PICNIC AREA
FISHING
TAKE A PICTURE ATOP MOUNT WHITNEY

SHEPHERD PASS TRAIL

The Shepherd Pass Trail provides access to the John Muir Wilderness, Sequoia and Kings Canyon National Parks. Some backpackers say this is the hardest hike in the Sierras. The entire trail is scenic and you pass through number of climactic zones. You go through the California Bighorn Sheep Zoological Area where special restrictions apply. So it's best to check with the Mt. Whitney Ranger Station on the latest rules and regulations. During the winter months, cross-country skiers use this route up for a trans-Sierra crossing. The Shepherd Pass Trail demands much but gives a lot too! Make certain that you are in top physical condition.

TRAILHEAD LOCATION: The Shepherd Pass Trailhead is located on Symmes Creek, 9.2-miles from Independence. Off Highway 395 in Independence, turn west on Market Street. Market Street becomes Onion Valley Road. Go 4.4-miles until you reach Foothill Road, turn south (left). Drive for 1.3 miles and you come to a fork, bear right (the left fork goes to the abandoned BLM Symmes Creek Campground). Go 1.5-miles and you cross Symmes Creek (the old trailhead), continue on up a rise between large boulders, after 0.5-mile a road turns off to the west -take this one. You will cross a creek (often dry) after 0.2-mile, keep bearing right as you come to two more forks. The first one goes to the Shepherd Canyon viewpoint, the second deadends. After 1.3-miles you reach the trailhead. Watch for deer and elk along the way. The paved highway ends at Foothill Road.

TRAILHEAD ELEVATION: 5,700-feet.

HIGHEST ELEVATION: 12,050-feet at Shepherd Pass.

DISTANCE: From the trailhead to Shepherd Pass is 9.6-miles.

TRAIL DIFFICULTY: Very strenuous. The trail is infrequently maintained.

SEASON: Normally, the trail is free of snow from mid-July to mid-October.

WEATHER: Warm days, cool late afternoons, often reaches freezing at night. afternoon thunderstorms are common. Snow September to mid-May.

WATER: Carry one day's supply of safe drinking water. Giardiasis is a serious problem. Some of the creeks may be dry by mid-summer. Normally, Symmes Creek is always flowing. It would be a good idea to fill up with water in Independence from either a restaurant or at Dehy Park or the campground at Independence Creek.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: An undeveloped camping area is located south of the parking area. There is a pit toilet 50-yards south of the parking lot.

PARKING: Available at the trailhead.

MAPS: USGS (15-minute quads): Mt. Whitney, California. Also, Forest Service Wilderness Area topographic maps; John Muir Wilderness and

SHEPHERD PASS TRAIL (Continued)

Sequoia/Kings Canyon National Parks ($3.00 postpaid). Order from Mt. Whitney Ranger District, P. O. Box 8, Lone Pine, CA 93545.

SHEPHERD PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

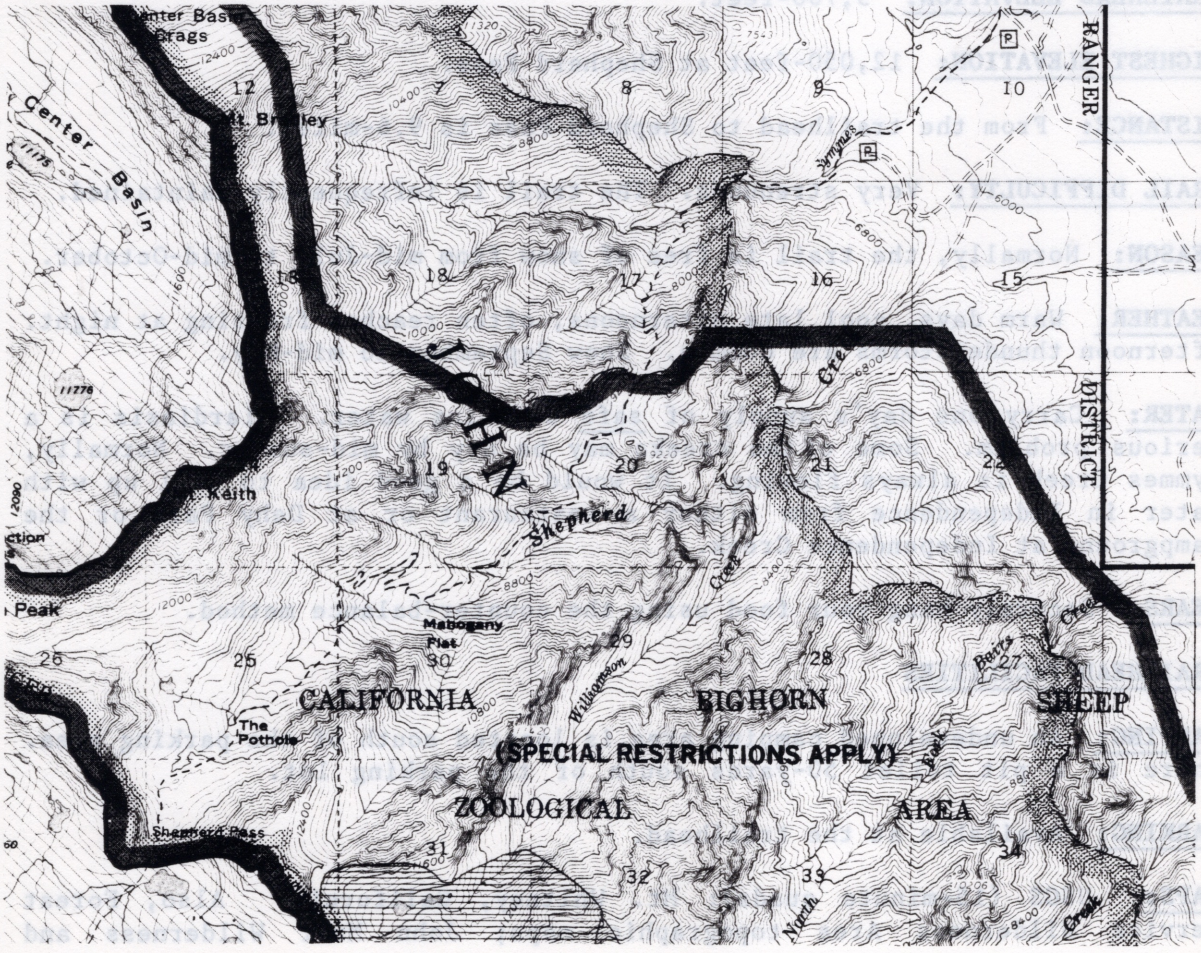
2. Campfires are not permitted east of the Sierra Crest, or above 10,000-foot level in Kings Canyon National Park; portable gas stoves are recommended.

3. To protect water quality, camp at least 100-feet from any water source. Toilets should be at least 100-feet from camps and water.

4. A State of California fishing license is required for fishing. State fishing regulations apply in the John Muir Wilderness and Sequoia/Kings Canyon National Park backcountry.

5. Discharging of firearms in the John Muir Wilderness is not permitted except for taking of wildlife as allowed by State law. Hunting is prohibited in the National Parks.

6. Pets and firearms are not allowed in the National Parks.



ONION VALLEY TRAILS

KEARSARGE PASS - ROBINSON LAKE - GOLDEN TROUT LAKES

Once an Indian trading route, the Kearsarge Pass Trail provides access to a majestic east-side lake basin and the spectacular backcountry of Kings Canyon National Park. Rough trails also lead to the high bowls containing Robinson Lake and the Golden Trout Lakes.

TRAILHEAD LOCATION: Onion Valley is 14-miles west of Independence. Turn west on Onion Valley Road (Market Street in town) at the flashing amber traffic light in Independence. The road is usually open from May through November.

TRAILHEAD ELEVATION: 9,200-feet.

ELEVATION AT KEARSARGE PASS: 11,823-feet.

TRAIL DIFFICULTY: The Kearsarge Pass Trail is moderate. The Robinson Lake and Golden Trout Lakes trails are infrequently maintained and very strenuous.

SEASON: Normally, the trails are free of snow from mid-July to mid-October.

WEATHER: Summer days may be quite warm but night temperatures often drop to freezing or below even in the summer months. Afternoon thunderstorms are common. Snowstorms occur from September to mid-May.

BEARS: The Kearsarge Pass Trail and many parts of Kings Canyon National Park are as popular with bears as they are with people. Carry at least 50-feet of rope to securely hang your food using the counter-balance method. Food storage cables and poles have been installed in some backcountry locations where storage in trees may be ineffective. Check at the Ranger Station before starting your trip for current information on bear activity.

TRAILHEAD FACILITIES

CAMPING: Forest Service campgrounds (sites available on a first-come/first-served basis): Onion Valley: 29-unit family campground. Piped water, flush toilets. Many walk-in sites. $5.00 per day. Usually open from late May to late September. Upper and Lower Grays Meadow: 6-miles west of Independence on Onion Valley Road. 52-unit family campground. Piped water, flush toilets. $6.00 per day. Open March through October.

PACK STATION: Onion Valley Pack Trains. East-side entry into Sequoia and Kings Canyon National Parks. Contact Mark Berry, Onion Valley Pack Trains, P. O. Box 1791, Bishop, CA 93514 or call (619) 873-8877.

SUPPLIES: No supplies are available in Onion Valley.

WILDERNESS INFORMATION STATION: Open July 1st through Labor Day. No telephone. The USFS Ranger can provide you with the latest trail and backcountry information, and bear warnings.

ONION VALLEY TRAILS (Continued)

PARKING: Parking space is limited. Overflow parking is permitted on the south shoulder of Onion Valley Road, east of the parking circle. This area is regularly patolled by the USFS and Inyo County Sheriff's Department.

WATER: Good tap water is available at the Onion Valley Campground. The trails seldom approach water so it's a good idea to carry some along. Giardiasis is a serious problem, so treat all water.

MAPS: USGS (15-minute quad): Mt. Pinchot, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set (15-minute scale); available from the Mt. Whitney Ranger Station, P. O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.

ONION VALLEY REGULATIONS:

1. A wilderness permit is required for all overnight hikes.

2. Campfires are not permitted east of the Sierra Crest, or above the 10,000-foot level in adjacent Kings Canyon National Park. Portable gas stoves are recommended. Wood fires in heavily used areas result in physical damage to the wilderness and impair the natural beauty of the landscape.

BAXTER PASS TRAIL

The Baxter Pass Trail passes through the stunning Oak Creek Canyon and into the Baxter Lakes and the South Fork of Woods Creek. You pass through the John Muir Wilderness.

TRAILHEAD LOCATION: Take the paved road west to the Mt. Whitney Fish Hatchery (Oak Creek Road) which is 2-miles north of Independence off Highway 395. Pass the hatchery turn-off and take the right fork. The pavement ends at the campground after passing the North Fork of Oak Creek. Continue on the dirt/gravel road for approximately 3-miles to the trailhead at road's end.

TRAILHEAD ELEVATION: 5,500-feet.

HIGHEST ELEVATION: 12,300-feet at Baxter Pass.

DISTANCE: From Trailhead - North Fork Oak Creek to Baxter Pass: 8.5-miles.

TRAIL DIFFICULTY: Very strenuous.

SEASON: Normally, the trail is free of snow from late-June to October.

WEATHER: Summer days can be quite warm, and hot at the trailhead due to its 5,500-foot elevation (receives Owens Valley heat). Night temperatures dip to freezing at times during summer months. Afternoon thunderstorms are common here. Snowstorms occur from late-September to mid-May.

WATER: Carry one day's supply of safe drinking water. The trail is steep so you might want to carry extra water. Giardiasis is a serious problem and you should treat all drinking water.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: A undeveloped camping area is located at the road's end/trailhead. Nestled among the large oak trees are picnic tables, barbecue grills and trash containers. There is a pit-toilet just out of the camping area on the hillside. There is no piped water.

PARKING: There is a parking circle at the trailhead/campground.

MAPS: USGS (15-minute quad): Mt. Pinchot, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set (15-minute scale); available from the Mt. Whitney Ranger Station, P. O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.

BAXTER PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. Campfires are not permitted east of the Sierra Crest, or above the 10,000-foot in Kings Canyon National Park. Portable gas stoves are recommended.

BAXTER PASS TRAIL (Continued)

3. To protect water quality, camp at least 100-feet from any water source. Toilets should be at least 100-feet from camps and water.

4. A State of California fishing license is required for fishing. State regulations apply in all areas including National Parks.

5. Discharging of firearms in the John Muir Wilderness is not permitted except for taking of wildlife as allowed by State law. Hunting is prohibited in the National Parks.

6. Pets and firearms are <u>not</u> allowed in the National Parks.

7. Proper food storage in bear country is required by Federal law.

SAWMILL PASS TRAIL

The Sawmill Pass Trail provides access to the John Muir Wilderness, Kings Canyon National Park, Woods Creek Basin and joins the John Muir west of Mt. Cedric Wright at an elevation of 10,346-feet. Hiking through classic Sierra relief, the trail climbs through large Jeffrey pines and mountain meadows at the higher elevations. This trail requires good physical condition. From the beginning you have a 3.1-mile hike up a very steep and shadeless incline. You'll find yourself reaching for your canteen often and taking frequent rest breaks. You get a magnificent view of the Owens Valley, cinder cones, lava flows and volcanic fields. Passing Sawmill Point, the trail descends into Sawmill Creek's precipitous canyon.

TRAILHEAD LOCATION: There are two ways to reach the Sawmill Pass Trailhead, depending on if you are traveling Highway 395 from the north or south. Both are paved to the DWP Powerhouse.

NORTHBOUND: Off Highway 395, 8.6-miles north of Independence, turn west (left) onto the paved road at the Blackrock exit. Drive to the end of the road where you stop at the old Highway 395. You will see the abandoned County of Inyo's Sawmill Creek Campground. Turn north (right) here, and drive 1.6-miles to the DWP Division Creek Powerhouse. Turn west (left) here. Drive 1.4-miles and you reach the powerhouse (the paved road stops here). Continue on, passing over the pipeline with the creek to your right for 3/10's of a mile reaching the shadeless trailhead on your left. The chaparral hides the trailhead sign, however, so look for the trail off the southwest portion of the parking circle.

SOUTHBOUND: Off Highway 395, 12-miles south of Big Pine, turn west (right) at the Aberdeen exit. Stay on the paved road for 1-mile, turn south (left) at the stop sign (old Highway 395). Passing the Aberdeen Resort & Restaurant (real good food), drive 2.1-miles and turn west (right) at the DWP Powerhouse paved road. Drive 1.4-miles and you reach the powerhouse (the paved road stops here). Continue on, passing over the pipeline with the creek to your right for 3/10's of a mile reaching the shadeless trailhead on your left. The chaparral hides the trailhead sign, however, so look for the trail off the southwest portion of the parking circle.

TRAILHEAD ELEVATION: 4,655-feet.

HIGHEST ELEVATION: 11,347-feet at Sawmill Pass.

DISTANCE: From trailhead to Sawmill Pass 10.2-miles.

TRAIL DIFFICULTY: Very strenuous.

SEASON: Normally, the trail is free of snow from late-June to October.

WEATHER: Warm summer days, and can be quite hot hiking the first three miles. At higher elevations the temperature often dips to freezing or below. Afternoon thunderstorms during the summer months are common. Watch for snowstorms from late September to mid-May.

WATER: Take plenty of water! Hikers have had to terminate their journey prematurely due to high water consumption during the initial climb up the 3-mile steep slope. Carry one day's supply of safe drinking water. Creek water is available close by the trailhead at Division Creek. You'll have

SAWMILL PASS TRAIL (Continued)

to hike quite a distance before hitting trail water. Giardiasis is a serious problem and you should treat all drinking water.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: There are no camping facilities. However, backpackers have been observed with their tents set up in the brush.

PARKING: There is a small parking circle at the trailhead.

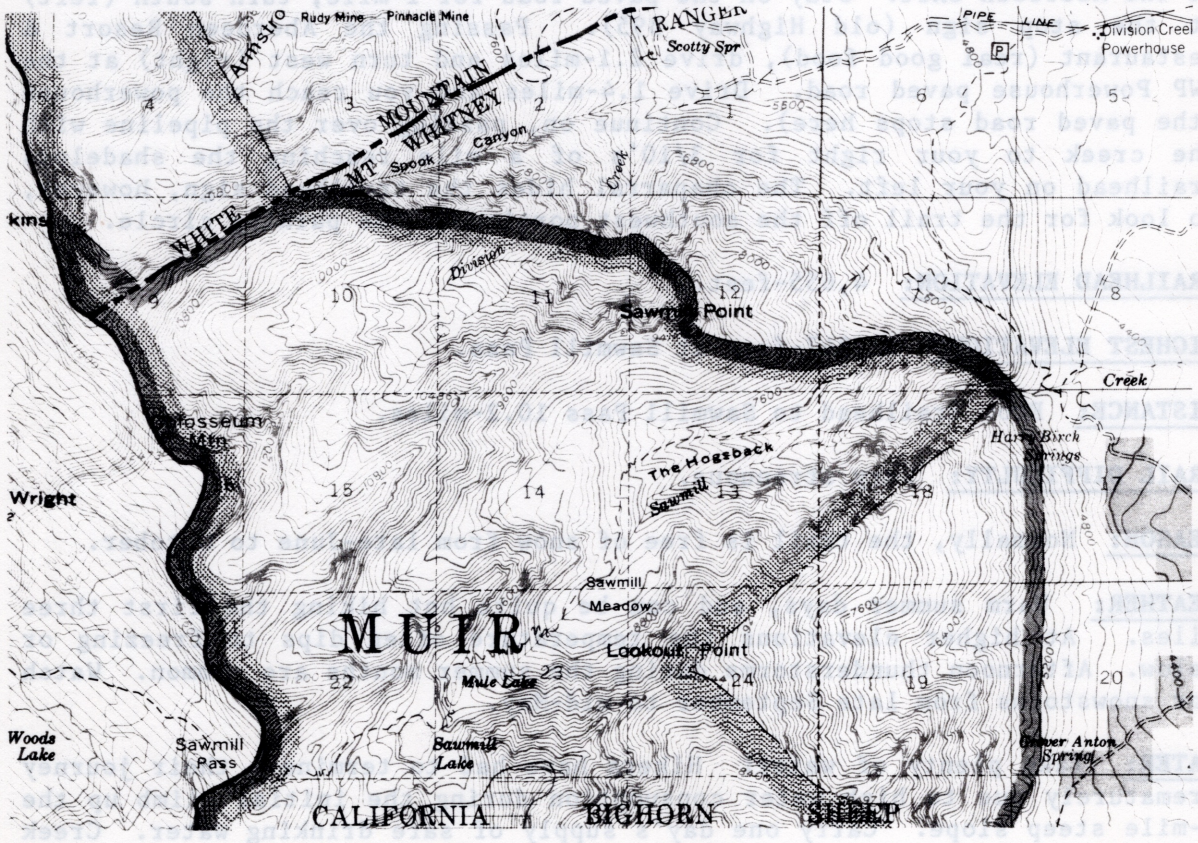
MAPS: USGS (15-minute quad): Mt. Pinchot, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set (15-minute scale); available from the Mt. Whitney Ranger Station, P. O. Box 8, Lone Pine,CA 93545 for $3.:00 postpaid.

SAWMILL PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. Campfires are not permitted east of the Sierra Crest, or above the 10,000-foot level in Kings Canyon National Park. Portable gas stoves are recommended.

3. To protect water quality, camp at least 100-feet from any water source. Toilets should be at least 100-feet from camps and water.



TABOOSE PASS TRAIL

The Taboose Pass Trail provides access to the John Muir Wildreness, Kings Canyon National Park, South Fork of the Kings River, the John Muir Trail and the Pacific Crest National Scenic Trail. The word "Taboose" was the name given to an edible groundnut found in the Owens Valley, and comes from the Paiute language. Hiking up the canyon, it is relatively shadeless other than the occasional pine tree. Taboose Creek is a wild mountain stream almost hidden by the stands of birch, wild rose and willow. Rock-faces are sheer on each side of the narrow canyon. This is a photographer's delight, so bring plenty of film.

TRAILHEAD LOCATION: The Taboose Creek Campground (County of Inyo) turn-off is located approximately midway between Big Pine and Independence. Take the paved Taboose Creek turn-off and head west. The road gives out to dirt/gravel after a short distance. Drive on for 4.2-miles wherein you reach the trailhead. A short distance after passing the green gate, the road gets worse and it's pretty slow going. You will encounter sandy spots in the roadbed.

TRAILHEAD ELEVATION: 5,510-feet.

HIGHEST ELEVATION: 11,400-feet at Taboose Pass.

DISTANCE: From trailhead to Taboose Pass 7-miles.

TRAIL DIFFICULTY: Very strenuous.

SEASON: Normally, the trail is free of snow from late-June to October.

WEATHER: Hot during the initial phase of the hike. Evening temperatures dip and at the higher elevations freezing temperatures can be encountered. Afternoon thunderstorms occur. Snowstorms from late-September to May.

WATER: Carry one day's supply of safe drinking water. You might have to fight your way through the trees to obtain water from Taboose Creek. Giardiasis is a serious problem and you should treat all drinking water.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: No trailhead camping facilities are available. The nearest camping facilities is the Taboose Creek Campground which you pass on route to the trailhead. Here you will find plenty of campsites alongside Taboose Creek, with lots of shade. Pit toilets and piped water is available. This is a County of Inyo facility and a fee is charged for overnight stays.

PARKING: Ample parking is at the trailhead.

MAPS: USGS (15-minute quad): Mt. Pinchot and Big Pine, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks Topographicmap set (15-minute scale); available from the Mt. Whitney Ranger Station, P. O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.

TABOOSE PASS TRAIL (Continued)

TABOOSE PASS TRAIL REGULATIONS:

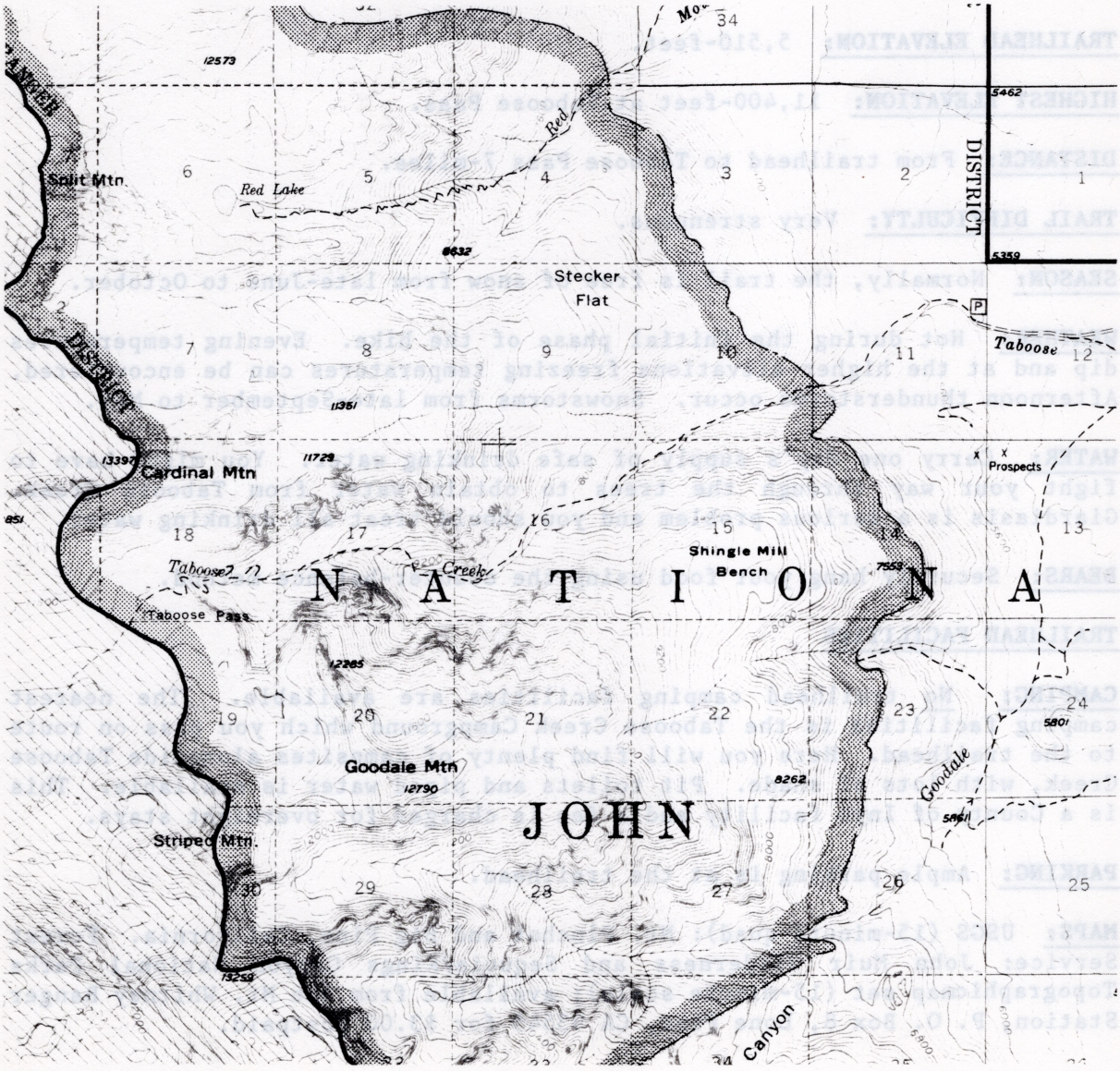
1. A wilderness permit is required for all overnight trips.

2. Campfires are not permitted east of the Sierra Crest, or above the 10,000-foot level in Kings Canyon National Park. Portable gas stoves are recommended.

3. To protect water quality, camp at least 100-feet from any water source. Toilets should be at least 100-feet from camps and water.

4. If you plan on fishing, a State of California license is required.

5. Hunting, firearms and pets are not allowed in National Parks.



PALISADE GLACIER

This trail provides access to the Big Pine Lakes and the Palisade Glacier. Also the John Muir Wilderness and Kings Canyon National Park. There are a number of other trails and loop trips are common. Nestled against the craggy peaks of the Palisade Crest, is the largest and most southern of the Sierra Nevada glaciers. Located between Mt. Sill and Mt. Winchell, it blankets almost a square mile of terrain, moving towards the base at almost forty feet per year. Big Pine is the entrance to Big Pine Canyon. Nearby is Caltech's Owens Valley Radio Observatory. The highway eastward through Westgard Pass and into the north end of Death Valley takes off from here. The road to the Bristlecone Pines area branches off to the north from this highway.

TRAILHEAD LOCATION: At Big Pine, off Highway 395, turn west towards the Sierras on Crocker Avenue (at the Chevron station). Drive for approximately eight miles to the trailhead parking zone.

TRAILHEAD ELEVATION: 7,760-feet.

HIGHEST ELEVATION: 12,200-feet at the Palisade Glacier.

TRAIL DIFFICULTY: Moderate to Very Strenuous.

SEASON: Usually, the trail is free of snow from early July to October.

WEATHER: Summer days can be warm, cool in the late afternoon, and cold at night, often dropping to freezing or below. Afternoon thunderstorms are common during the summer and early fall. Snowstorms occur from September to May.

WATER: Carry a canteen full. Giardiasis is a serious problem so treat all drinking water.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: There are a number of USFS Campgrounds near the trailhead. Piped water, trash bins and toilets are available. A fee is charged for camping. Lots of shade, and a running stream.

GENERAL STORE, RESTAURANT & LODGE: Glacier Lodge. Nine hotel service rooms, 2 to 6 guests with private or semi-private baths. Ten housekeeping cabins, 2 to 10 guests with private baths and fully equipped kitchens. Restaurant, breakfast and dinner served daily (reservations advised). Spacious lounge with fireplace. General store. Trout pond. 10-unit trailer park. Glacier Lodge, P. O. Box 327, Big Pine, CA 93513 or call (619) 872-9271.

PARKING: Paved parking area for backpackers.

MAPS: USGS (15-minute quads): Big Pine and Mount Goddard, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set (15-minute scale); available from the Mt. Whitney

PALISADE GLACIER (Continued)

Ranger Station, P. O. Box 8, Lone Pine, CA 93545 for $3.00 postpaid.

ENTRANCE STATION: Big Pine Creek unmanned station is the first place to stop for information on camping and wilderness use. Located just north of the Lower Sage Flat Campground.

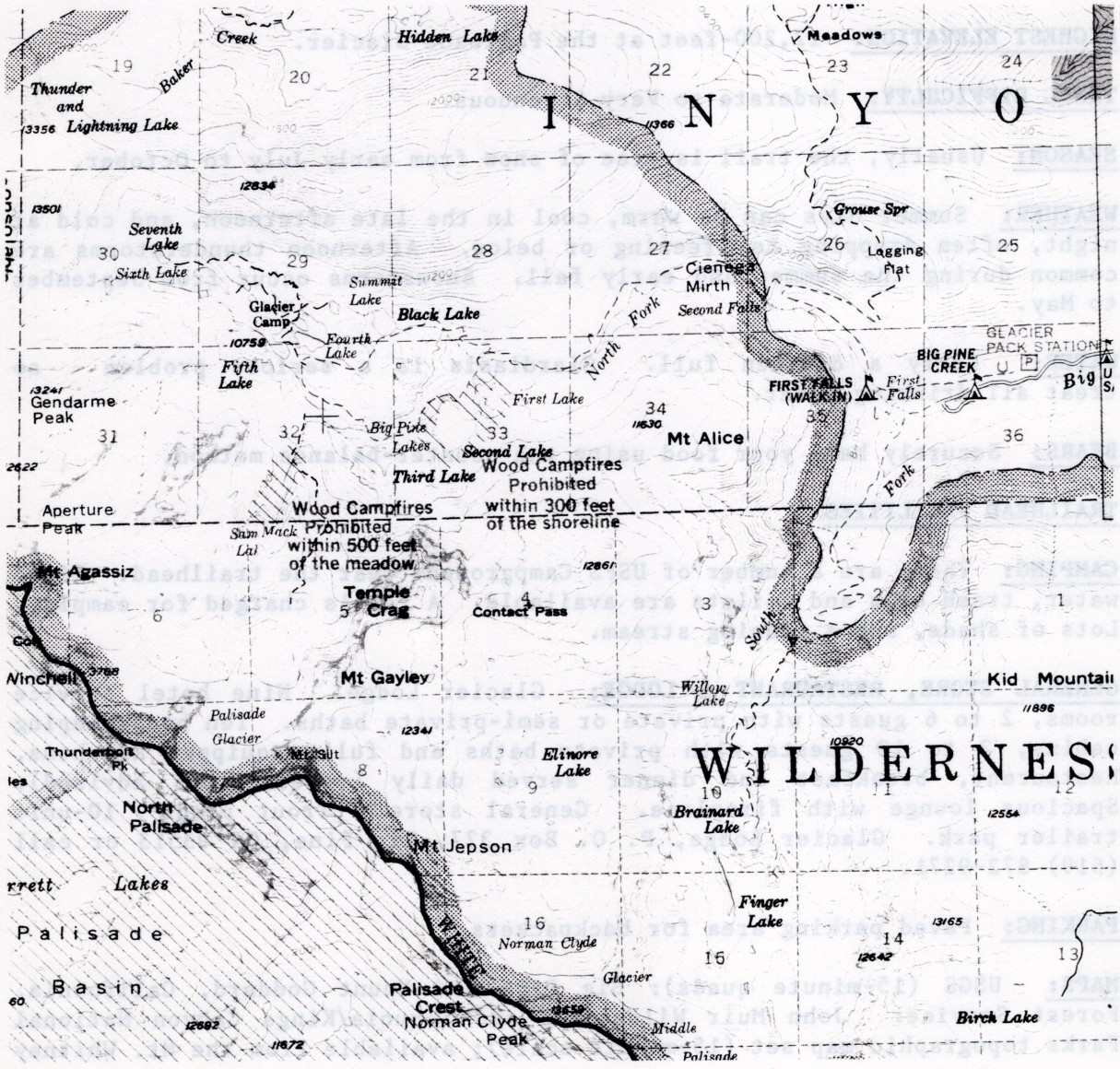
PACK STATION: Glacier Pack Train , P. O. Box 321, Big Pine, CA 93513 or call (619) 938-2548.

MOUNTAINEERING: Palisade School of Mountaineering, P. O. Box 694, Bishop, CA 93514 or call (619) 935-4330.

PALISADE GLACIER REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. See Wilderness Regulations - Pacific Southwest Region.



BISHOP PASS TRAIL

The Bishop Pass Trail provides access to Kings Canyon National Park through the John Muir Wilderness. This is a heavily used trail, extremely popular as a loop from Piute Pass. The trail passes many beautiful alpine lakes, just west of the Inconsolable Range. After reaching Bishop Pass, you can connect with the Pacific Crest National Scenic Trail at Le Conte Canyon. This hike offers some of the finest scenery in the Sierras.

TRAILHEAD LOCATION: In downtown Bishop, at the signal light where Highway 395 crosses Highway 168 (Line Street) turn west. Drive on State Highway 168 for 14.2-miles and turn south (left) at the South Lake Road. After driving for 5.8-miles, just past the South Lake Dam is the trailhead.

TRAILHEAD ELEVATION: 9,750-feet at South Lake parking lot.

HIGHEST ELEVATION: 11,980-feet at Bishop Pass.

TRAIL DISTANCE: 5.6-miles.

TRAIL DIFFICULTY: Moderate to strenuous.

SEASON: Normally, the trail is free of snow from late June to October.

WEATHER: Warm summer days, late afternoon it cools down, night temperatures can reach freezing or below. During the summer months you may experience showers and thunderstorms. Snowstorms occur from September to May. The California Department of Transportation maintains 24-hour phone reports on highway and weather conditions at the following number in Bishop: (619) 873-6366.

WATER: You might want to carry along a canteen full of safe drinking water. The trail follows the chain of lakes along the South Fork of Bishop Creek, so water is abundant. Giardiasis is a serious problem, so make sure to treat all water obtained while on your hike.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: There are 7 USFS Campgrounds off South Lake Road, from Highway 168 to South Lake. Aspen Meadow, Mountain Glen Walk-In Camp, Table Mountain Walk-In Camp and Willow Campground all have stream water, toilets, tables and trash receptacles. Big Trees, Forks and Four Jeffrey Campgrounds all have piped water, toilets, tables and trash receptacles. Some of the campgrounds are free but others charge a fee. Generally open May through October. There is a private campground, Habegger's Resort & Trailer Park, Route 1, Mt. View Estates, Bishop, CA 93514, (619) 873-4483. On South Lake Road, 47 tent or RV spaces. Flush toilets, piped water, full hookups, tables, showers, laundry, propane. Open May through mid-October.

GENERAL STORE & RESTAURANT: On South Lake Road, across from Habegger's Resort. Also, a full service restaurant and country store is located at Parcher's Resort on the same road, closer to South Lake. They also have some mountain cabins for rent and at South Lake Landing they have a number

BISHOP PASS TRAIL (Continued)

of rental boats available.

PACK STATION: Rainbow Pack Outfit, located on the South Fork of Bishop Creek. Packing up through the beautiful South Lake Basin, over Bishop Pass, Dusey Basin. Middle Fork of the King's River, King's Canyon National Park and the John Muir Trail. Golden, Rainbow and Eastern Brook trout. Unsurpassed scenery. All kinds of trips. Summer and winter phone (619) 873-8877. Contact: Mark Berry, P. O. Box 1791, Bishop, CA 93514.

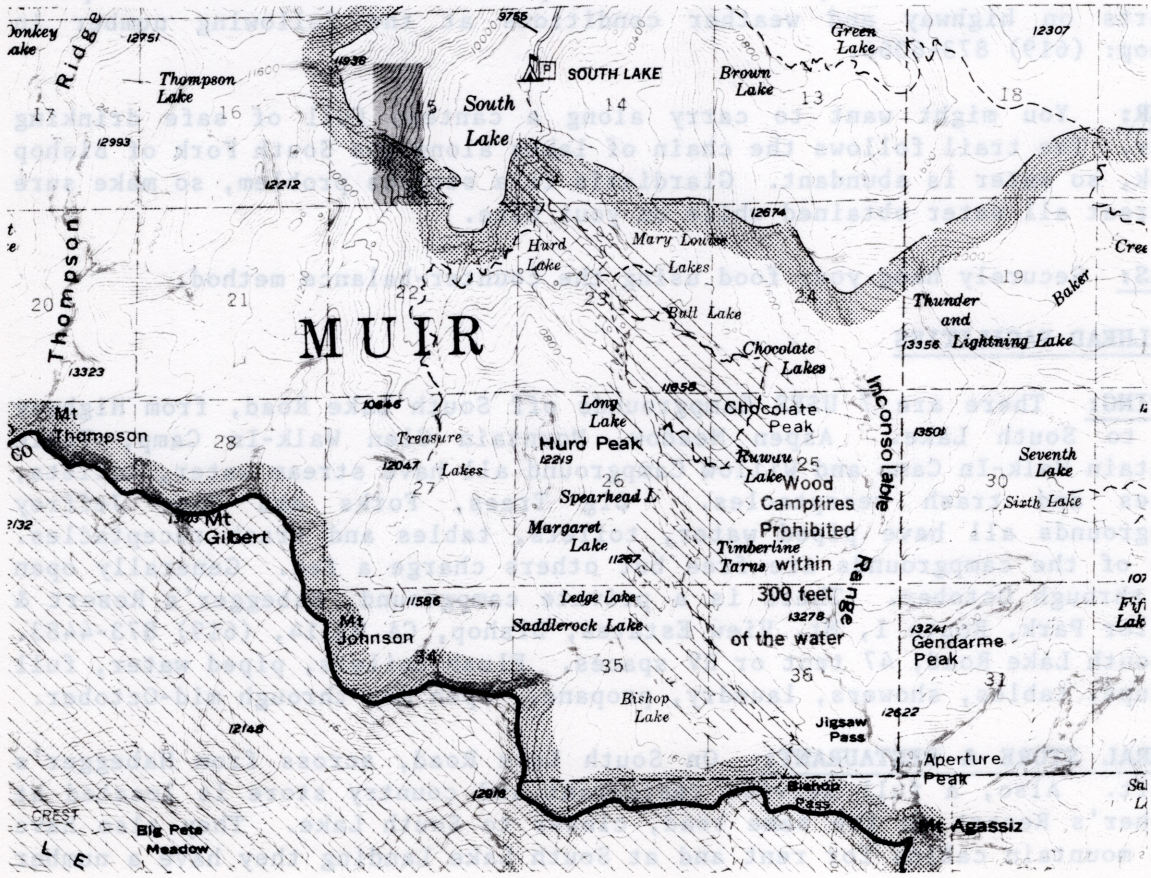
PARKING: There is an excellent paved parking lot at the trailhead. Patrolled on a regular basis by USFS and Inyo County Sheriff's Department. Toilets are located just west of the parking lot. This parking area can be crowded on weekends and holidays.

FISHING: Great fishing along the South Fork of Bishop Creek and the numerous lakes provide a challenge to hook a big one. To fish, you must have a valid State of California fishing license in your possession.

MAPS: USGS (15-minute quads): Mount Goddard, California. Forest Service; John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set, $3.00 postpaid. Order from: USFS, White Mountain Ranger District, 798 North Main Street, Bishop, CA 93514.

BISHOP PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.



PIUTE PASS

This is a heavily used trail most often used for access to the Humphrey Basin in the Sierra National Forest and to the Pacific Crest National Scenic Trail, and the John Muir Wilderness. The scenery is breathtaking with the meadows caught between granite walls and barren escarpments. Lakes glittering in the sun, craggy cliffs rising above alpine forests, truly a wealth of beauty.

TRAILHEAD LOCATION: In downtown Bishop, at the signal light where Highway 395 crosses Highway 168 (Line Street) turn west. Drive on State Highway 168 for 18-miles and turn north (right) at the North Lake turn-off (just past Aspendell). Just past the pack station is the trailhead.

TRAILHEAD ELEVATION: 9,325-feet.

HIGHEST ELEVATION: 11,420-feet at Piute Pass.

TRAIL DISTANCE: 5-miles.

TRAIL DIFFICULTY: Moderate to strenuous.

SEASON: With a normal amount of snowfall, the trail is usually free of snow from late June to October.

WEATHER: Warm summer days, late afternoon it cools down, night temperatures can drop to freezing or below. During the summer months you may experience showers and thunderstorms. Snowstorms occur from September to May. The California Department of Transportation maintains a 24-hour phone report on highway and weather conditions at the following number in Bishop: (619) 873-6366.

WATER: You might want to carry along a canteen full of safe drinking water. The trail follows the North Fork of Bishop Creek, so water is abundant. Giardiasis is a serious problem, so make sure to treat all water obtained while on your hike.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: Just before you get to the trailhead is the North Lake Campground. This facility has 11 tent or RV spaces (22-ft RV limit). No trailers. Flush toilets, piped water, tables, stoves. Open June through October, $4.00 per day fee charged. If this campground is full, there are others on Highway 168. These campgrounds include Bishop Park, Bishop Park Group Camp and Intake. All have piped water, flush toilets, tables and stoves. Fee varies between $25.00 for the group camp to $5.00 for the other two facilities per day.

GENERAL STORE & RESTAURANT: Cardinal Village Resort, Cabins, general store, cafe, summer and winter lodging. Telephone: (619) 873-4789.

PACK STATION: Schober Pack Station, located on the North Fork of Bishop Creek. Pack into Sabrina, Lamark and Humphrey Basins, and French Canyon

PIUTE PASS (Continued)

area. Golden, Brook and Rainbow trout in the 50 lakes of the basins within one day spot pack range. Extended and loop trips via John Muir Trail, Evolution Valley and Kings Canyon National Park. Fishing trail rides. Deer hunting zones D-7 and X-9. Walter & Art Schober, Route 1, Box AA-4, Bishop, CA 93514. Winter phone: (619) 387-2343. Summer phone (619) 873-4785.

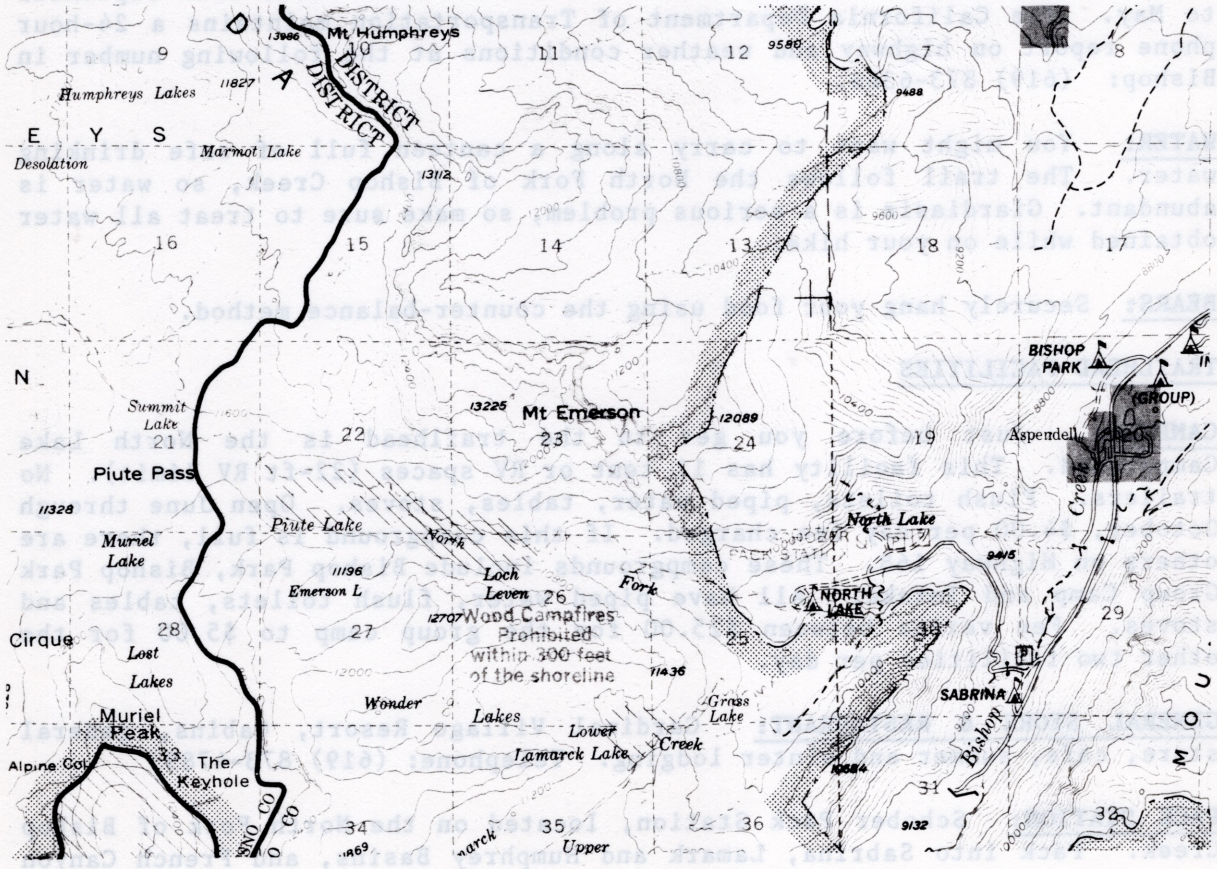
PARKING: Parking is available close to the trailhead.

FISHING: Good fishing along the North Fork of Bishop Creek and the numerous lakes provide an opportunity to catch your limit. The 13-acre North Lake has excellent fishing for Eastern Brook and Rainbow trout. To fish, you must have a valid State of California fishing license in your possession.

MAPS: USGS (15-minute quads): Mount Goddard, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set, $3.00 postpaid. Order from USFS, White Mountain Ranger District, 798 North Main Street, Bishop, CA 93514.

PIUTE PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.
2. See Wilderness Regulations - Pacific Southwest Region.



PINE CREEK PASS

The Pine Creek Pass Trail is used for access to the John Muir Wilderness and French Canyon, where you can join up with the John Muir Trail and the Pacific Crest National Scenic Trail. Along the trail you will see glacier polish and striations, old mine workings, and the remains of a tramway. The scenery is constantly changing, here and there are wildflowers, birds and the everpresent marmots.

TRAILHEAD LOCATION: Travel north from Bishop on Highway 395 for 13.8-miles. Turn west (left) at Pine Creek Road and drive for 6.2-miles to the pack station where the trailhead is located.

TRAILHEAD ELEVATION: 7,100-feet.

HIGHEST ELEVATION: 11,100-feet at Pine Creek Pass.

TRAIL DISTANCE: 8.8-miles.

TRAIL DIFFICULTY: Strenuous to very strenuous.

SEASON: With a normal amount of snowfall, the trail is usually free of snow from late June to October.

WEATHER: Warm summer days, cooling down in the late afternoon, night temperatures can dipto freezing or below. During the summer months you may experience showers and thunderstorms. Snowstorms occur from September to May. The California Department of Transportation maintains a 24-hour phone report on highway and weather conditions at the following number in Bishop: (619) 873-6366.

WATER: Carry a full canteen of safe drinking water. Giardiasis is a serious problem, so make sure you treat all water obtained along the trail.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: There are no camping facilities at the trailhead. The nearest campground is located off Round Valley Road at the Horton Creek Recreation Site, 9-miles northwest of Bishop at an elevation of 5,000-feet. The campground has 53 tent or RV sites (22-ft RV limit). Pit toilets, stream water, tables and stoves. Open May through October. No fee charged.

GENERAL STORES & RESTAURANT: Mill Creek Mini-Mart & Station at the Mill Creek exit off Highway 395, just before you make the turn on Pine Creek Road. Bishop would be your best bet for shopping and dining. There are no stores or restaurants closer to the trailhead.

PACK STATION: Pine Creek Saddle and Pack Train. Gateway to French Canyon, famous for its trophy Golden Trout. Serving over 70 lakes and streams in remote areas of the John Muir Wilderness, Inyo and Sierra National Forest and Kings Canyon National Park. Trips to French Canyon and Humphrey's Basin areas, Granite Park, Morgan Pass, Pine Lakes, Honeymoon, Royce and Bear lakes. All types of pack trips and trail rides, day rides, fly

PINE CREEK PASS TRAIL (Continued)

fishing camps, packer's school, Jr. wrangler camps, burros. Summer and winter phone: (619) 387-2747. Write for a free map and brochures. Contact: Brian & Danica Berner, P. O. Box 968, Bishop, CA 93514.

PARKING: Parking is available close to the trailhead.

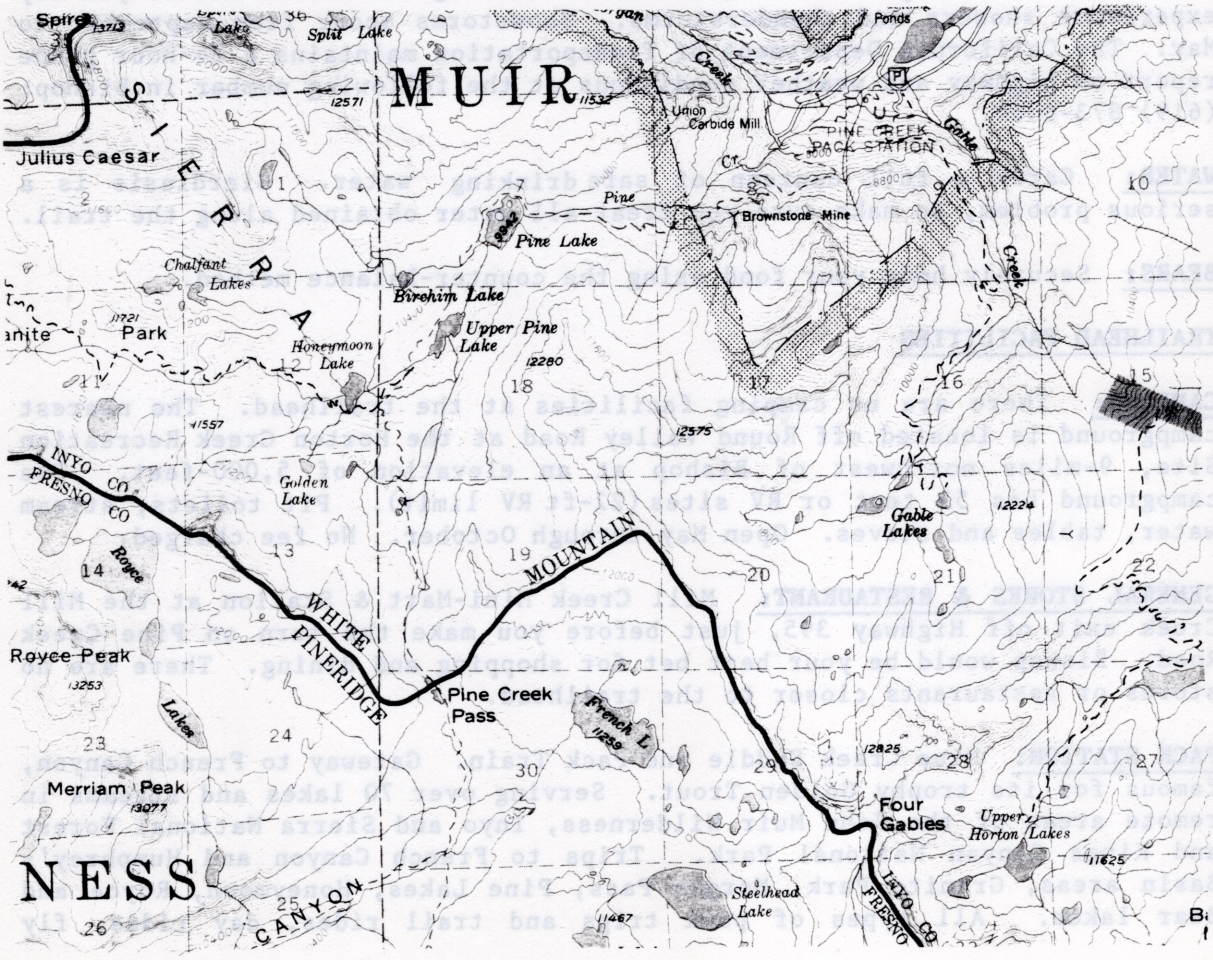
FISHING: Trophy size Golden Trout have been caught in the French Canyon area. Eastern Brook Trout, Rainbow Trout abound in the streams and lakes. To fish, you must have a valid State of California fishing license in your possession.

MAPS: USGS (15-minute quads): Mt. Tom, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set, $3.00 postpaid. Order from USFS, White Mountain Ranger District, 798 North Main Street, Bishop, CA 93514.

PINE CREEK PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. See section devoted to Wilderness Regulations.



KENNETH, FRANCIS & TAMARACK LAKES TRAIL

This trail is used for access to the East Fork of Rock Creek and the impressive Wheeler Crest. While the trail is steep initially, the trail levels out around intermediate lakes before starting the final climb to beautiful Tamarack Lake. This is a rewarding hike, different from most and has unique features like the Whitebark Pine, abrupt cliffs and some interesting geological formations.

TRAILHEAD LOCATION: On Highway 395, 23.1-miles north of Bishop or 14.8-miles south of the Mammouth Lakes turnoff (Highway 203); turn west on Rock Creek Road at Tom's Place. Drive for 8.9-miles to Rock Creek Lake. Turn left at the Rock Creek Lake sign, the trailhead is along the eastern shore of the lake, and is marked.

TRAILHEAD ELEVATION: 9,700-feet.

HIGHEST ELEVATION: 11,580-feet at Tamarack Lake.

TRAIL DISTANCE: 5.6-miles.

TRAIL DIFFICULTY: Moderate to strenuous.

SEASON: With a normal amount of snowfall, the trail is usually free of snow from late June to October.

WEATHER: Warm summer days, cooling down in the late afternoon, night temperatures can dip to freezing or below. During the summer months you may experience showers and thunderstorms. Snowstorms occur from September to May. The California Department of Transportation maintains a 24-hour phone report on highway and weather conditions at the following number in Bishop: (619) 873-6366.

WATER: Carry a full canteen of safe drinking water. Giardiasis is a serious problem, so make sure you treat all water obtained along the trail.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: The Rock Creek Lake Campground features 28 tent or RV spaces (22-ft RV limit). Flush toilets, piped water, tables, stoves and trash receptacles. Open May through October. $5.00 fee charged. Between Rock Creek Lake and Tom's Place there are nine other campgrounds and one group campground with the same facilities as above. The Group Campground charges $25 per day, however.

GENERAL STORE & RESTAURANT: You have two resorts to pick from: Rock Creek Lakes Resort has boats, cabins, store and restaurant. Telephone (619) 935-4311. The other is Rock Creek Lodge, located on Rock Creek, features cabins, store and restaurant. Telephone (619) 935-4452.

PACK STATION: Rock Creek Pack Station, P. O. Box 248, Bishop, CA 93514. Features "Owens Valley Horse Drive" and High Sierra Trail Rides. Now offering cattle drives and observing wild mustang trips from April to June.

TAMARACK LAKES TRAIL (Continued)

Easiest access to lakes and streams of Hilton Lakes, the Recesses, Pioneer Basin, Hopkins Basin and Little Lakes Valley. All types of pack trips, complete outfitting day and excursion rides. Packing School, natural history and other educational trips offered. Hiking with pack stock trips available for groups and individuals. Write for free map and brochures. Summer phone (619) 935-4493, winter phone (619) 872-8331.

PARKING Parking is available adjacent to the trailhead.

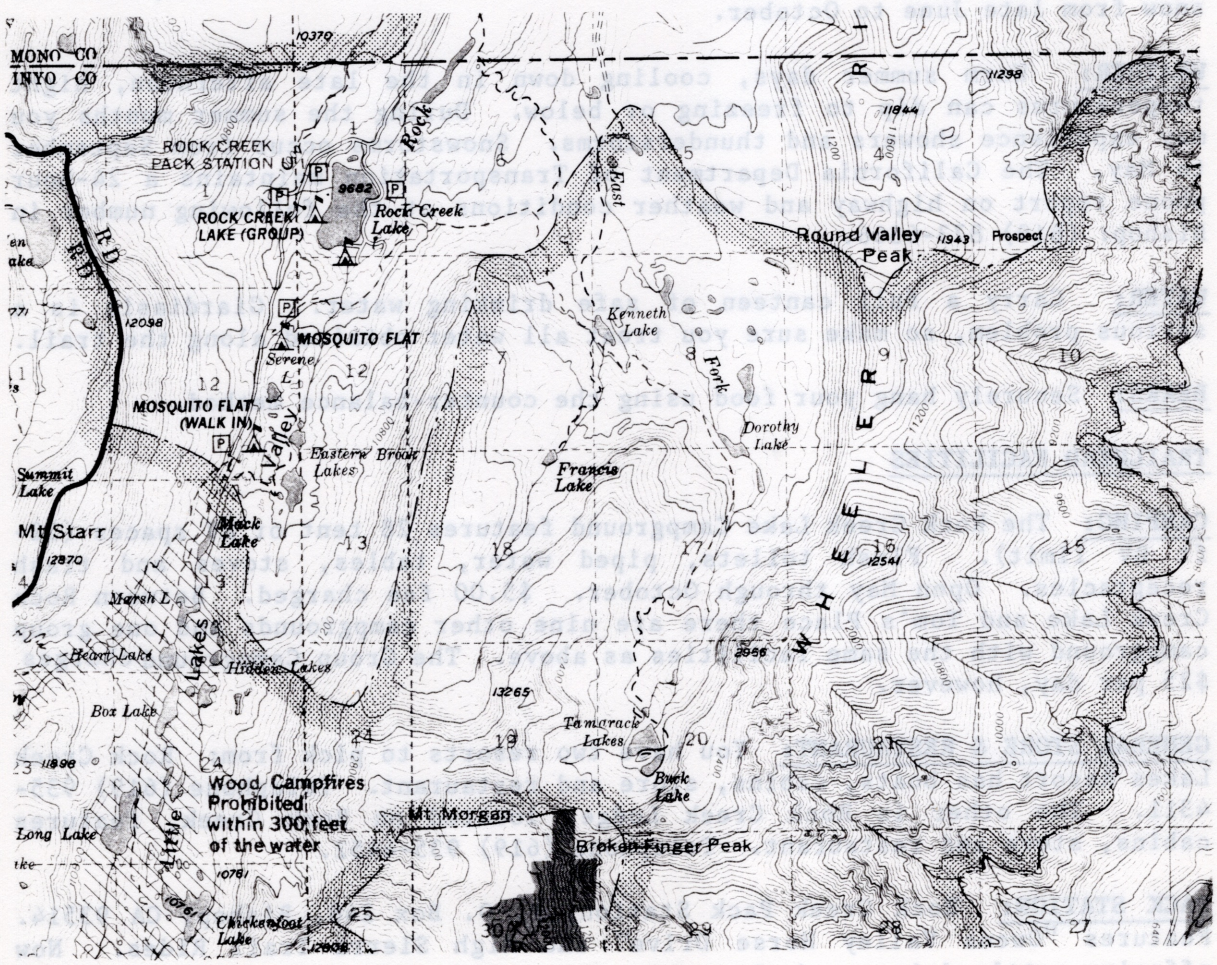
FISHING: Fishing in this area is superb! Close by the trailhead Rock Creek Lake's 55-acres offers Brooks, browns, cutthroats and rainbow trout. The Tamarack Lakes are noted for their Golden Trout.

MAPS: USGS (15-minute quads): Mount Tom and Mount Abbot, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set, $3.00 portpaid. Order from USFS, White Mountain Ranger District, 798 North Main Street, Bishop, CA 93514.

TAMARACK LAKES TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. See section devoted to Wilderness Regulations.



McGEE PASS

Access to the John Muir Wilderness, McGee and Baldwin Canyons, and Fish Creek. Beyond McGee Pass you can connect up with the Pacific Crest National Scenic Trail. This is spectacular country -alpine meadows, deep canyons and vast expanses of granite.

TRAILHEAD LOCATION: Off Highway 395, 29.5-miles north of Bishop or 8.4-miles south of the Mammoth Lakes turnoff (Highway 203); turn west on McGee Creek Road. Drive west for 3.9-miles, the trailhead is at the end of the road, beyond the pack station.

TRAILHEAD ELEVATION: 8,100-feet.

HIGHEST ELEVATION: 11,900-feet at McGee Pass.

TRAIL DISTANCE: 9.2-miles.

TRAIL DIFFICULTY: Moderate to strenuous.

SEASON: This trail is normally open July through September. Backpackers generally can get through slightly earlier, but the mosquitos are terrible! The best hiking season for this area is mid-September because of generally good weather and fewer people.

WEATHER: Daytime summer temperatures can reach the 80's, increased by reflected light and heat from the granite. Evening temperatures often dip to freezing. Thunderstorms and showers possible during the afternoon hours. Snow can come during any month, but is normally limited to October to May.

WATER: Carry a full canteen of safe drinking water. Giardiasis is a serious problem, so make sure you treat all water obtained along the trail.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: Adjacent to the trailhead is the McGee Creek Campground, featuring 24 tent or RV spaces. Vault toilets, stream water, tables, stoves and trash receptacles. Open June through October. $6 fee charged.

GENERAL STORE & RESTAURANT: Motels, service stations, markets and other services are offered on Crowley Lake Drive, between the McGee Creek Road and Tom's Place. Here you will also find a number of restaurants; from fast-food to full dining.

PACK STATION: McGee Creek Pack Station, John & Jennifer Ketcham. From 7,500-foot elevation by the John Muir Wilderness they offer personalized pack trips for families or groups into the unspoiled colorful scenery of McGee & Baldwin Canyons and majestic Fish Creek via 12,000-foot McGee Pass. Golden, Rainbow, Eastern Brook & Brown Trout are available in our streams and secluded lakes. We specialize in guided day rides and dinner rides; a weekly Junior Packer Campout, Fall Trail Drive, wilderness trail rides and wekend base camps. Write or call for brochure and maps: Winter: Star Route

McGEE PASS TRAIL (Continued)

1, Box 100-A, Independence, CA 93526 or call (619) 878-2207. Summer: Route 1, Box 162, Mammoth Lakes, CA 93546 or call (619) 935-4324 (June 1-October 31).

PARKING: Parking is available adjacent to the trailhead.

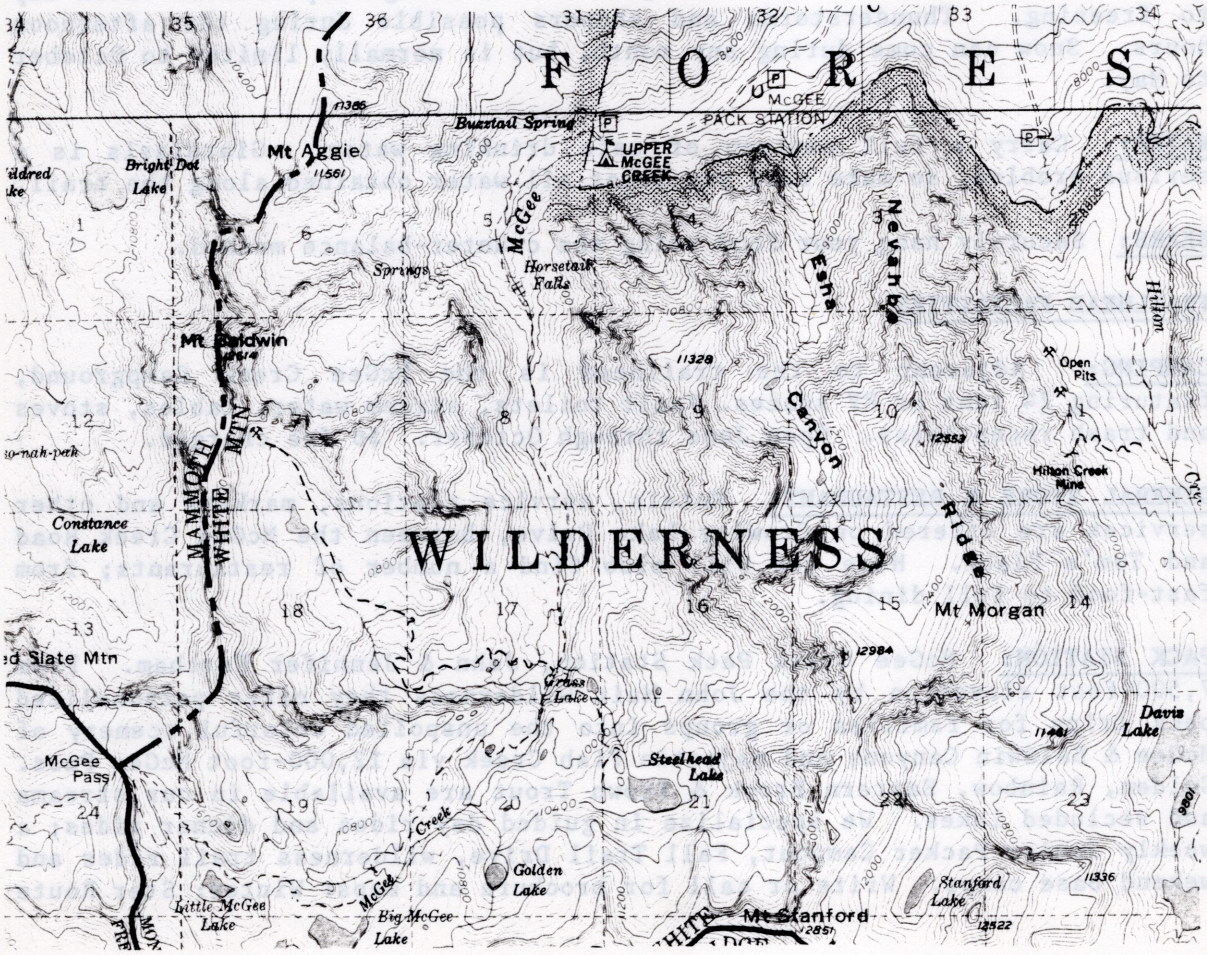
FISHING: Good fishing is available along the trail from McGee Creek and the lakes. Fish available include Golden, Rainbow, Eastern Brook and Brown Trout. Check with the pack station for the best spots.

MAPS: USGS (15-minute quads): Mount Abbot and Mount Morrison, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Parks topographic map set, $3.00 postpaid. Order from USFS, P. O. Box 148, Mammoth Lakes, CA 93546.

McGEE PASS TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. See section devoted to Wilderness Regulations.



LAKE DOROTHY TRAIL

This is a strenuous hike, but the beautiful high country Mildred and Dorothy Lakes are worth the effort. Even the trailhead is in a beautiful location; Convict Lake! At an elevation of 7,580-feet, the site of an 1871 gun battle between escaped convicts and a sheriff's posse. The lake was later renamed Convict and the spectacular Mt. Morrison was named for Robert Morrison who led the posse and was killed as a result ot the gunfight. Here rugged mountain scenery with sheer cliffs of highly colored and folded rock formations meet a natural lake formed behind debris left by receding glaciers. The oldest rocks in the Sierra Nevada range were discovered near here.

TRAILHEAD LOCATION: Off Highway 395, 4.4-miles south of the Mammoth Lakes turnoff (Highway 203); turn west onto Convict Lake Road. Drive west for 2.7-miles. The trailhead is on your right, just beyond the pack station.

TRAILHEAD ELEVATION: 7,580-feet.

HIGHEST ELEVATION: 10,340-feet at Dorothy Lake.

TRAIL DISTANCE: 6.1-miles.

TRAIL DIFFICULTY: Strenuous to very strenuous.

SEASON: This trail is normally open July through September.

WEATHER: Daytime summer temperatures can be warm. Late afternoon cool, and often reaching freezing temperatures at night. Thunderstorms and showers possible in the summer afternoon. Snow can fall during any month, but is normally October to early May.

WATER: Carry a full canteen of safe drinking water. Giardiasis is a serious problem, so make sure you treat all water obtained along the trail.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: Located on the south side of Convict Lake Road is the Convict Lake Campground. It features 88 tent or RV spaces (22-ft RV limit), flush toilets, piped water, tables, stoves, trash receptacles and a disposal station. Open May through November. $6 fee per-day.

GENERAL STORE & RESTAURANT: Convict Lake Resort & Restaurant offers supplies and food service. Telephone: (619) 935-4213. The City of Mammoth Lakes offers supermarkets, sporting goods, full-service restaurants & fast-foods, service stations and vehicle repair.

PACK STATION: Located on Convict Lake Road is the Convict Lake Pack Station. Telephone (619) 935-4213 for information.

PARKING: Parking is available adjacent to the trailhead.

FISHING: Good fishing in the lakes and along the trail which follows

LAKE DOROTHY TRAIL (Continued)

the banks of Convict Creek. The 168-acre Convict Lake has Eastern Brook, German Brown and Rainbow Trout. At the end of the trail is the slightly smaller (150-acres) Dorothy Lake, where you can land Eastern Brook and Rainbow Trout. You'll need a valid State of California fishing license in your possession to fish.

MAPS: USGS (15-minute quads): Mount Morrison, California. Forest Service: John Muir Wilderness and Sequoia/Kings Canyon National Park topographic map set, $3.00 postpaid. Order from USFS, P. O. Box 148, Mammoth Lakes, CA 93546.

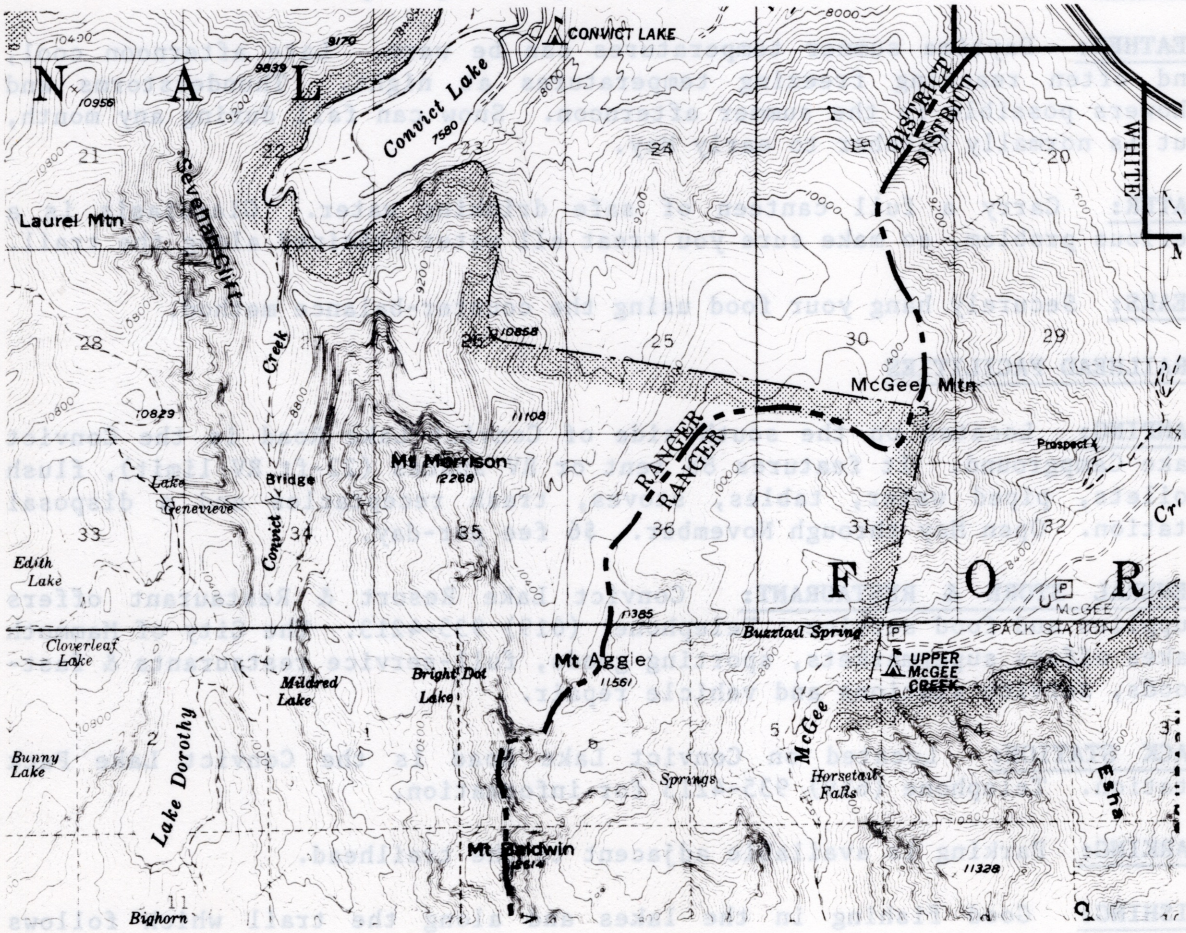
LAKE DOROTHY TRAIL REGULATIONS:

1. A wilderness permit is required for all overnight trips.

2. See section devoted to Wilderness Regulations.

SIDE TRIP TO LAKE GENEVIEVE

From Dorothy Lake there is a trail that bears north. Hike for 0.9-mile and you are at Lake Genevieve. At an elevation of 9,910-feet, this 42-acre lake offers the fisherman fine Eastern Brook Trout. If you continue on the trail you will reach the smaller Edith and Cloverleaf lakes.



SADDLEBAG LAKE TRAIL

This is a shorter and moderate hike, but can be developed into a longer one as you have access to the Hoover Wilderness. This is beautiful country, high alpine lakes nestled in large meadows. There is vivid evidence of glaciation in the area. To the west is the Tioga entrance to Yosemite National Park and to the south is the Minarets Wilderness Area.

TRAILHEAD LOCATION: Turn west off Highway 395 on Highway 120 and drive 9.8 miles to the Saddlebag Lake turnoff. Turn north (right) and go 2.5-miles to the end of the road. The trail is marked and encircles the lake. Past the lake is a large meadow, between the meadow and the lake -follow the trail and you reach the majestic Lundy Canyon.

TRAILHEAD ELEVATION: 10,087-feet.

HIGHEST ELEVATION: 10,409-feet.

TRAIL DISTANCE: 5-miles (around lake).

TRAIL DIFFICULTY: Moderate.

SEASON: The trail is normally open July through September.

WEATHER: Daytime summer temperatures can be warm. Late afternoon cool, and often reaches freezing temperatures at night. Thunderstorms and showers possible in the summer afternoon. Snow can fall during any month, but is normally October to early May.

WATER: Carry a canteen full of safe drinking water. Giardiasis is a serious problem, so make sure you treat all water obtained along the trail.

BEARS: Securely hang your food using the counter-balance method.

TRAILHEAD FACILITIES

CAMPING: Located at the south end of the lake is the Saddlebag Lake Campground, features 22 tent or RV spaces (22 ft RV limit; trailers not recommended). Vault toilets, piped water, tables, stoves and trash receptacles. Open June through October. $5 fee charged. There is a walk-in campground 0.5-miles south of the trailhead on the west side of the access road. Sawmill Walk-In Campground offers 9 tents spaces, pit toilets, stream water and tables. Open June through September. No fee charged.

GENERAL STORE & RESTAURANT: The nearest is at Tioga Pass Resort, 0.7-miles west of the Saddlebag Lake access road. Lee Vining offers more facilities; markets, motels, restaurants, gift shops and service stations.

PARKING: Ample parking is available adjacent to the trailhead.

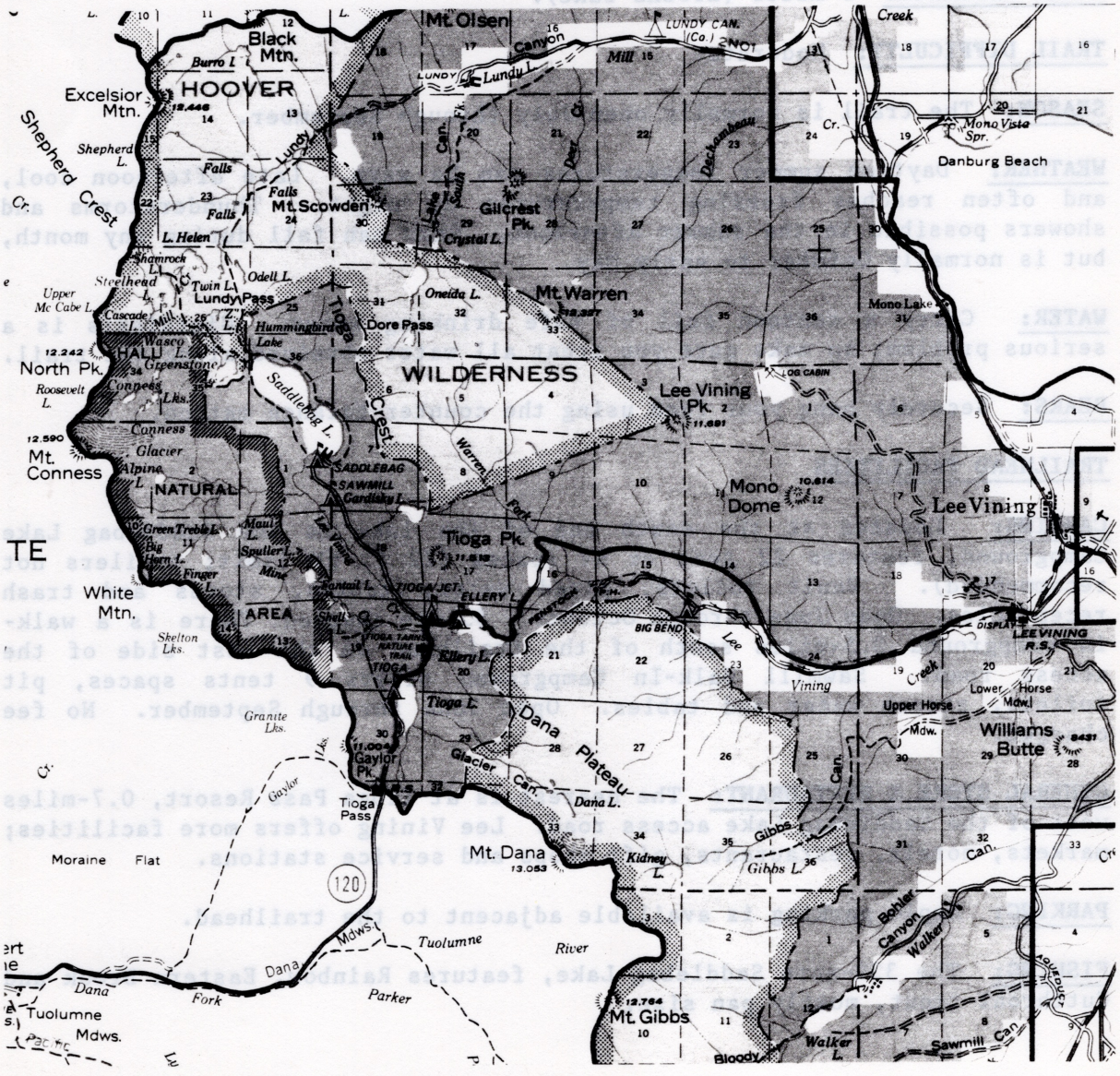
FISHING: The 339-acre Saddlebag Lake, features Rainbow, Eastern Brook and Cutthroat trout, mostly pan size.

MAPS: USGS (15-minute quads): Tuolumne Meadows, California.

SADDLEBAG LAKE TRAIL REGULATIONS:

1. The lake is not in a wilderness area, and a wilderness permit is only required if you plan on an overnight or extended hike. No permit is needed if you are day hiking and staying at the campground.

2. See section devoted to Wilderness regulations.



GUIDE TO THE WHITE MOUNTAINS

The White Mountains are a typical Great Basin Range, characterized by a great rock mass of uninterrupted material that has been thrust upward 10,000 to 14,000-feet. The range has steep sides that drop 9,700-feet in seven miles along the western slope. It is here in the White Mountains, in the Inyo National Forest, that the Bristlecone Pine trees have survived for more than 40-centuries, exceeding the oldest giant sequoia by 1,500-years.

When life finally ceases, the snags may stand for a thousand years or more, continuing to be slowly eroded by wind-driven ice and sand.

The older trees manage to survive in poor soils with a minimum of moisture and a short growing season. They often add as little as one inch of wood in 100-years. The slow growing produces dense, highly resinous wood that resists rot and disease, but not all bristlecone attain great age. Those anchored on more moist slopes grow faster and taller, produce less dense wood, and die at an earlier age.

Two self-guided nature trails provide visitors access to forested slopes at Schulman Grove.

SCHULMAN GROVE: Discovery Trail describes Dr. Edmund Schulman's quest for old trees. Along Methuselah Walk you can observe 4,000-year old trees and learn about the Bristlecone Pine environment.

PATRIARCH GROVE: The Patriarch Grove is 11-miles beyond Schulman Grove and is a must for photographers. A self-guided trail leads past Patriarch Tree, the largest known Bristlecone Pine. There are picnic tables, an outdoor display and toilets at the Grove.

HOW TO GET THERE: Off Highway 395, 1-mile north of Big Pine, turn east on Highway 168 and drive for 12.9-miles and turn north (left) at White Mountain Road (it's clearly marked). Drive on the paved access road for 9.9-miles and you arrive at the Schulman Grove and its Visitors Center and picnic area.

SEASON: The forest is open June through October, but the best weather usually occurs in July to September.

WEATHER: Be prepared for unpredictable changes in weather during any visit to the White Mountains. Temperatures between the desert floor and Patriarch Grove can vary 40-50 degrees or more. Even the nicest warm summer morning can end with an afternoon thunderstorm. In early spring and late fall, snow is a very real threat.

WATER: None! Bring your own.

CAMPING FACILITIES: From just south and north of the White Mountain Road, on Highway 168, there are five campgrounds (4-group, 1-family). Camping outside the Ancient Bristlecone Pine Forest and developed campgrounds is permitted with a campfire permit.

1. Pinyon Group Camp, 7,200-feet elevation, 28 tent or RV spaces. Pit toilets, tables, stoves, no water. Open April through September. $15 by reservation only.

2. Poleta Group Camp, 7,200-feet elevation, 8 tent or RV spaces (16-ft

RV limit). Pit toilets, tables, stoves, no water. Open April through September. $15 by reservation only.

3. Fossil Group Camp, 7,200-feet elevation, 11 tent or RV spaces. Pit toilets, tables, stoves, no water. Open April through September. $15 by reservation only.

4. Juniper Group Camp, 7,200-feet elevation, 5 tent or RV spaces (16-ft RV limit). Pit toilets, tables, stoves, no water. Open April through September. $15 by reservation only.

5. Grandview, located 3.4-miles past Highway 168 on White Mountain Road at an elevation of 8,000-feet, 26 tent or RV spaces (22-ft RV limit). Pit toilets, tables, stoves, no water. Open June through September. No fee.

PARKING: Adjacent to all facilities.

MAPS: USGS (15-minute quads): White Mountain Peak, Blanco Mountain, Mount Barcroft and Bishop, California.

BRISTLECONE PINE FOREST REGULATIONS:

When the age of the Bristlecone Pine was first realized, 28,960-acres of National Forest Land was set aside as the Ancient Bristlecone Pine Forest Botanical Area. To protect the old trees and dead wood, the following regulations were developed:

1. All natural features are protected. No wood, rocks, or plant material may be removed except for scientific purposes by permit.

2. Archaeological sites provide vital records of the past and are protected by law.

3. Because of fire danger, all camping, campfires and stove use outside vehicles is prohibited.

4. Vehicles are limited to designated roads. This includes motorcycles and bicycles. Day use parking is permitted in designated areas or as close to the road edge as possible.

5. Hikers must remain on trails at Schulman and Patriarch Groves to protect the shallow roots of the Bristlecone Pine.

SPECIAL NOTES: White Mountain Road provides paved access to Schulman Grove. The dirt road to Patriarch Grove is adequate for family cars but is not recommended for motorhomes or trailers. Other roads leading into the White Mountains wind up steep, rockstrewn canyons and are recommended only for 4-wheel drive vehicles.

Groups can reserve one of the four group campgrounds by calling (619) 873-4207 or writing the USFS, White Mountain Ranger District, 798 North Main Street, Bishop, CA 93514.

Dehydration is common so bring ample amounts of water, NONE IS AVAILABLE. GAS IS NOT AVAILABLE, arrive with vehicle's tank full!

ESSENTIAL EQUIPMENT & SUPPLIES FOR A SUCCESSFUL BACKPACKING TRIP

With today's technology and innovation in backpacking equipment, picking the essentialfrom the non-essential can be a formidable task. It's a lot easier to choose your gear and supplies when you keep in mind YOU, and NO ONE ELSE will be lugging it up and down the steep slope of some High Sierra trail.

There is no such thing as a "perfect list of all the items you will need!" Each hike is different, season, length, altitude, conditions, etc. Only YOU can determine what equipment & supplies are required on a particular outing. Obviously, the person out for a day hike will need less than a backpacker out for an extended journey. Below are some of the essential items that are recommended for hiking the trails of the Sierras:

1. Small first aid kit (include extra moleskin for blisters).
2. Sunscreen & Lipbalm (Factor 10 at least, 15 is better).
3. Mosquito repellent (100% Deet is best, they are big & mean up there).
4. Good boots (With lug soles & comfortable & extra socks).
5. Raingear (Yes, it will -perhaps, rain on YOU).
6. Proper clothing for the conditions & season -plus a hat or visor.
7. Sun glasses (Not the cheap drugstore variety -get the good ones).
8. Sleeping bag & groundcloth & small tent (It gets cold up there).
9. Rope (At least 50-feet for hanging food from hungry bears).
10. Personal & Toilet Gear (Small sizes and small quantity).
11. Backpack (Get a good one, the new internal-frame ones are great).
12. Ice Axe & Crampons (Handy if it's early in the season).
13. FOOD (Be careful in selection, plan meals, go lightweight).
14. Maps & Guide Books (Take only what your trip requires).
15. Compass & Altimeter (Both come in real handy when you are lost).
16. Whistle (Don't laugh! It's saved more than one life, gets attention).
17. Small Flashlight, Matches, Camera & Film.
18. Cook Stove (Gas) Eating & Cooking utensils and hikers cup.
19. Canteen (Or water bottles, ones that won't break or leak).
20. Water Purification Method (Boiling - Iodine - Tablets - Filter).

Some people go to extremes and this past summer I saw two examples. Hiking up the North Fork of Oak Creek to Baxter Pass I observed three fellows on the trail with metal lawnchairs strapped to their backpacks. This was a new one for me, and when questioned, they indicated they "hated to sit on hard rocks and liked comfort!"

The other instance was even more bizarre. I'm waiting in the parking lot at Onion Valley to shuttle some folks down to Independence. Down the trail from Kearsarge Pass walks this guy pushing a bicycle, with a huge pack on his back. I couldn't resist talking with him. Seems he had pushed the bicycle all the way over from Sequoia because the Ranger said he couldn't ride it! Do YOURSELF a favor, take only what you will need!

WILDERNESS REGULATION

PACIFIC SOUTHWEST REGION

Most of the regulations listed below are just plain common sense and courtesy. Your cooperation will be appreciated.

1. Select campsites at least 100-feet from lakes, streams, and trails where terrain permits. Try to select a campsite that is screened to preserve the natural appearance of the landscape.

2. Body waste and wash/rinse water should be discharged at least 100-feet from lakes and streams. Bury body waste in at least 8-inches of soil. Pack out sanitary napkins and disposable diapers.

3. Pack out all unburnable refuse; burn or pack out burnable refuse. Aluminum and glass do not burn. Animals and frost heave will uncover buried items. Try your skills at "no trace" camping. Help leave the wilderness cleaner than you found it.

4. Maintain water quality. No soap or detergent, even bio-degradable, should be used in streams or lakes. All water should be treated before drinking.

5. Shortcutting switchbacks is not permitted. It causes erosion and costs you tax dollars to repair.

6. Cutting or defacing of standing trees, dead or alive, is not permitted.

7. Dogs or other pets are not allowed in National Park backcountry. They are allowed within a National Forest wilderness if kept under confinement.

8. Discharging firearms is permitted only for emergencies and taking of wildlife as permitted by State game laws. Firearms are NOT permitted in the National Parks.

9. Motorized vehicles and equipment are prohibited except as where designated.

10. Construction of improvements such as rock walls, large fireplaces, boughbeds, tables, etc., is not permitted. Improvements destroy natural beauty and leave man's imprint.

11. Tying of pack and saddle stock within 100-feet of lakes, streams, trails and campsites is not permitted except while loading and unloading. Tying away from these areas will preserve the quality of the wilderness and water.

12. Camping is limited to 14-days per travel zone. This allows greater use of popular areas.

SPECIFIC REGULATED AREAS

The management philosophy in this part of the Sierra is to regulate use, where necessary, through trailhead quotas, to preserve as much

WILDERNESS REGULATIONS (Continued)

interior freedom as possible, and to minimize interior restrictions. In the following areas it was necessary to restrict some activities to prevent damaging the wilderness:

MONO LAKE RANGER DISTRICT - INYO NATIONAL FOREST

Campfires prohibited in the 20-Lakes Basin northwest of Saddlebag Lake.

MAMMOTH RANGER DISTRICT - INYO NATIONAL FOREST

Shadow Lake: No camping or campfires on north and west shores. No campfires along Shadow Creek from the Shadow Lake inlet to the John Muir Trail Junction.
Lake Ediza & Minaret Lake: No camping on south side of Lake Ediza. No campfires in the watersheds of Lake Ediza or Minaret Lake. No campfires between these lakes.
Garnet & Thousand Island Lakes: No camping or campfires within 1/4-mile of the outlet of either lake.
Duck, Purple, & Barney Lakes: No campfires in any portion of the Duck Lake watershed; no campfires within 300-feet of the outlets of Duck, Purple, and 300-feet from shore of Barney Lakes.

WHITE MOUNTAIN RANGER DISTRICT - INYO NATIONAL FOREST

Campfires are prohibited: Within 300-feet of water within Little Lakes Valley Basin (Rock Creek). Within 300-feet of First and Second Lakes and within 500-feet of Sam Mack Meadow (Big Pine Creek). Within 300-feet of any water within Bishop Creek Canyon from wilderness boundary to Bishop Pass and within 300-feet of Blue Loch Leven, Piute, and Lower Larmarck Lakes.

MT. WHITNEY RANGER DISTRICT - INYO NATIONAL FOREST

Campfires are prohibited: In Lone Pine Creek (including the North Fork) and Meysan Creek drainages out of Whitney Portal. In Golden Trout Lakes, Robinson Lake, and Kearsarge Pass Trail areas out of Onion Valley. Within 300-feet of any water in the Cottonwood Lakes Basin, including South Fork and Cirque Lakes in the John Muir Wilderness. Camping is prohibited on the Mt. Whitney Trail at Mirror Lake and Trailside Meadow. Pack and saddle stock are prohibited on the Mt. Whitney Trail.

MINARETS RANGER DISTRICT - SIERRA NATIONAL FOREST:

Camping restrictions are in effect adjacent to Rainbow, Lillian, Sadler, and Cora Lakes in the Minarets Wilderness.

PINERIDGE RANGER DISTRICT - SIERRA NATIONAL FOREST

Camping is prohibited within 500-feet of Golden Trout Lake in the John Muir Wilderness (Piute Pass Trail).

WILDERNESS TRAVEL TIPS

One of the most important parts of your trip will take place at home, and it's half the fun. Careful planning and preparation are essential to a safe and enjoyable trip into the High Sierra wilderness areas. Here are a few tips to keep in mind as you prepare for your backpacking adventure.

TRIP PLAN: Plan your trip from start to finish before leaving home. Obtain topographic maps of the area. Prepare an itinerary, check elevations and total distances.

WILDERNESS PERMITS: A wilderness permit is required for all overnight hikes in any wilderness area. A separate permit is required for each trip. Day hike permits are no longer required.

Trail Quotas are in effect from July 1st through September 15th. If you plan to hike before or after the quota period, self-issue permits are available at most Ranger Stations.

A large portion of each quota is filled through reservation requests. Applications to reserve permits will be accepted by mail or in person starting March 1st and ending May 31st. Reservations by telephone cannot be accepted. The request must be in writing with a postmark of March 1st or later. Applications postmarked before March 1st will be returned. Allow approximately one month for aplications to be processed. A written confirmation of your reservation will be mailed to you.

Enclosed, but not bound into this book, is an application for a wilderness permit. All permits are free of charge with the exception of permits for Mt. Whitney. See section devoted to hiking the Mt. Whitney Trail for a full explanation.

Below are the addresses and telephone numbers of the agencies concerned, for you to obtain a wilderness permit. All are for east side entry. The United States Forest Service and National Park Service respect permits issued by the other agency.

Fish Creek to Convict Lake: Inyo National Forest, Mammoth Ranger District, Highway 203, Mammoth Lakes, CA 93546, (619) 934-2505.

McGee Creek to Big Pine Creek: Inyo National Forest, White Mountain Ranger District, 798 North Main Street, Bishop, CA 93514, (619) 873-4207.

Taboose Pass to Horseshoe Meadow: Inyo National Forest, Mount Whitney Ranger District, P. O. Box 8, Lone Pine, CA 93545, (619) 876-5542.

The above addresses and telephone numbers are concerned with the trails in this book. Below are additional addresses that might be of assistance to you for obtaining wilderness permits in other areas.

JOHN MUIR TRAIL: From Yosemite only; Yosemite National Park, Backcountry Office, P. O. Box 577, Yosemite, CA 95389, (209) 372-4461 (ext. 85 or 56).

Mono Lake Ranger District, Inyo National Forest, Highway 120, Lee Vining, CA 93541, (619) 647-2505.

Bridgeport Ranger District, Toiyabe National Forest, Bridgeport, CA 93517, (619) 932-7070.

WILDERNESS TRAVEL TIPS (Continued)

BEFORE YOU LEAVE HOME: Leave your itinerary with a friend or relative. Write a full description of your trip. Include the names of all party members, where and when you will enter the wilderness, planned route with overnight campsite locations indicated, and where and when you plan to exit. This is extremely important in case you become overdue and the Mountain Search and Rescue teams have to be called out to find you.

Don't forget to do some conditioning before leaving home. Huffing and puffing throughout your trip can be reduced if you get in shape. Be sure your fellow hikers do too. Take day hikes and exercise at least several weeks before the trip. Carefully check all your gear for any potential problems.

BEARS: Most large mammals steer clear of anything smelling of humans. The exception is the California Black Bear. These bears are extremely intelligent and adaptable. You could even call the bears in Yosemite sophisticated! Many areas of the John Muir Wilderness, Sequoia and Kings Canyon National Parks are as popular with bears as they are with hikers.

Proper food storage is mandatory for your safety and the bear's health. Carry at least 50-feet of strong rope to securely hang your food, using the counter-balance method. Use bear cable or hanging-poles where available. Remember, bears will eat anything that you eat. Bears have been know to tear open a back to get to toothpaste or food residue on hastily washed cooking utensils. Failure to properly store food is a Federal offense and subject to citation.

Keep your campsite, especially the cook area, clean. Don't sleep in clothes you wore while cooking. Hang anything that has an odor (including soap, toothpaste, and trash) with your food any time you will be away from your campsite. Read the bear brochure included with your wilderness permit.

BACKCOUNTRY FOOD STORAGE
USE OF COUNTER-BALANCE TECHNIQUE

1. Find a tree with a "live" branch 4 to 5-inches in diameter that has a down slope to it, and nothing below it that could support a bear. Balance food-sacks, with no more than 10 pounds per sack.

2. Tie a weight to the end of a piece of rope and toss it over the end of the branch.

3. Move the rope as far out on the branch as possible so that it will support the weight of the food-sacks but not a bear.

4. Tie a secure loop in the rope near the one sack and pull it up. Next, tie another secure loop near the second sack and put excess rope inside the sack.

5. Toss the second sack upward so that the food-sacks are evenly balanced over the end of the branch.

6. To retrieve the sacks, hook either loop on either sack with a long stick and pull downward.

BEARS WANT YOUR FOOD, TOO!

some of the first eggs to be brought to the United States came from that country; thus the name "German Brown." Similarly, this trout inhabits many Scotch lakes, and in the latter part of the last century a shipment of eggs came to the United States from Loch Leven and these were known as the "Loch Leven Brown," or simply as "Lochleven." Originally, these fish from Loch Leven had certain slight differences which led scientists to class them as a separate subspecies. For some years after these trout were brought to California, the Department of Fish and Game tried to keep the so-called "Lochleven" separate from the Brown, but this soon became impractical, and a number of years ago all attempts to distinguish them were given up.

In most streams and lakes the "Brownie" can easily be distinguished by its brown or yellow-brown color, its large dark spots, and the small red or vermillion dots on the sides. In some lakes, however, these colors are not clearly pronounced; the red dots may be hard to find, the dark spots few and indistinct, and the general coloration quite pale.

Brown Trout come in many sizes. The largest fish caught in Crowley Lake in 1985 was a "Brownie" and weighed in at 10 lb 7 oz, and a 17-pounder was caught in Silver Lake. The real big-ones, however, have been coming out of Upper & Lower Twin Lakes out of Bridgeport.

FLY IN TO TUNNEL MEADOW FOR GOLDEN TROUT

Tunnel Meadow, 9,100-foot elevation, is located on the Kern Plateau about 20-miles southwest of Mt. Whitney in the heart of the Golden Trout Wilderness.

John A. Langenheim owns Eastern Sierra Flying Service and continues a tradition started in 1945 by Bob White -flying you safely into Tunnel Airstrip with experienced mountain pilots flying current Cessna aircraft (A185F and TU206G) which are especially suited to high altitude mountain flying. Flight time from the Lone Pine Airport is approximately 20-minutes.

Campsites are located just off the airstrip nestled among the lodge pole pines and include fireplaces & picnic tables. You supply the tent. Of course, you may camp anywhere within the Wilderness Area with your permit.

Tunnel Pack Station provides pack & saddle stock for your convenience. Saddle stock is available for day trips only. Overnight pack trips must include the packer and his horse. Spot packs to Golden Trout Creek, the Kern River Canyon, Rocky Basin Lakes and Rock Creek. Other points in the Sequoia National Park are available on a reservation basis.

Wilderness permits are required for all users of the Golden Trout Wilderness Area. A valid California fishing license is required. Barbless hooks with flies or a single barbless hook lure must be used, no bait allowed.

To check out the exact location of Tunnel Meadow study the Olancha and Kern Peak quadrangles (USGS).

For more information, contact: John A. Langenheim, Eastern Sierra Flying Service, P. O. Box 993, Lone Pine, CA 93545 or call: (619) 786-4674.

-oOo-

Permits for entry into Wilderness Areas are required on a year-round basis, including during the winter.

CROSS-COUNTRY SKIING

Discover the High Sierra backcountry in the winter with a cross-country skiing adventure. The Eastern Sierra Interpretive Association has published a guide to cross-country skiing which sells for only .25¢ which you can purchase at most USFS Ranger Stations. The Guide covers the following areas: June Lake, Mammoth Lakes Basin and Mammoth Meadows, Rock Creek, Bishop Creek and Lone Pine. The Guide also has some good tips on avalanche safety.

For your copy, write: Eastern Sierra Interpretive Association, P. O. Box 447, Bishop, CA 93514. At the Ranger Stations they charge .25¢ for the Guide, so if you order it by mail, you might include "a little something extra" to cover the cost of postage.

USEFUL TELEPHONE NUMBERS

1. **FIRE - HIGHWAY PATROL/SHERIFF/POLICE - AMBULANCE/MEDICAL: DIAL 911**
2. WEATHER INFORMATION (Mammoth Lakes area): (619) 934-6611
3. WEATHER INFORMATION (Bishop area): (619) 873-3213
4. HIGHWAY CONDITIONS (Inyo/Mono Counties): (619) 873-6366
5. MAMMOTH MOUNTAIN SKI REPORT (Southern California): (213) 935-8866
6. MAMMOTH MOUNTAIN SKI REPORT (Mammoth): (619) 934-6166
7. JUNE MOUNTAIN SKI REPORT (24-hour): (619) 648-7545
8. USFS MAMMOTH SKI & RECREATION INFORMATION (24-hour): (619) 934-6611
9. TRAILHEAD SHUTTLE SERVICE | TRANSPORTATION (24-Hour): (619) 878-2333

NOTE: The California Highway Report is available 24-hours a day on low-frequency radio station at Bishop south city limits and at the junction of Highways 395 and 203 - tune your radio to 530 AM.

OUT OF TOWN TELEPHONE NUMBERS FOR ROAD CONDITIONS IN INYO/MONO AREA AND STATE-WIDE

1. Santa Ana: (714) 972-9980
2. Bakersfield: (805) 393-7350
3. San Diego: (619) 293-3489
4. Los Angeles: (213) 626-7231
5. San Francisco: (415) 557-3755
6. Reno: (702) 793-1313

IS THE WATER SAFE? - THINK BEFORE YOU DRINK!

A HIDDEN HAZARD

We hope your visits to the High Sierras will be enjoyable, and they will be if you avoid hazards that may be encountered in the great outdoors. One hidden hazard you should know about is a disease that may be contracted from drinking untreated "natural" water. The disease is an intestinal disorder called GIARDIASIS (gee-ar-dye-a-sis). It can cause you severe discomfort.

The disease is caused my a microscopic organism, Giardia lamblia. The cystic form of giardia may be found in mountain streams and lakes. These natural waters may be clear, cold, and free-running. They can look, smell, and taste good. You may see wildlife drinking without hesitation from these sources. All of these indicators sometimes lead people to mistakenly assume that natural waters are safe to drink. Giardia may or may not be present, but you should be aware of possible danger.

THE DISEASE - SYMPTOMS AND TREATMENT

Although giardiasis can be incapacitating, it is not usually life threatening. After ingestion by humans, giardia normally attach themselves to the small intestine.

Disease symptoms usually include diarrhea, increased gas, loss of appetite, abdominal cramps, and bloating. Weight loss may occur from nausea and loss of appetite. These discomforts may first appear a few days to weeks after ingestion of giardia, and may last up to 6 weeks. Most people are unaware that they have been infected and have often returned home from vacations before the onset of symptoms. If not treated, the symptoms may disappear on their own, only to recur intermittently over a period of many months. Other diseases can have similar symptoms, but if you have drunk untreated water you should suspect giardiasis and so inform your doctor. With proper diagnosis the disease is curable with medication prescribed by a physician.

PROTECT YOURSELF

There are several ways for you to treat raw water to make it safe to drink. The most certain treatment to destroy giardia is to boil water for at least 1 minute. Boiling also will destroy other organisms causing waterborne disease. At high altitudes, you should maintain the boil for 3 to 5 minutes for an added margin of safety.

Chemical disinfectants such as iodine or chlorine tablets or drops are not yet considered as reliable as heat in killing giardia, although these products work well against most waterborne bacteria and viruses that cause disease. The amount of iodine or chlorine necessary to kill giardia depends on water temperature, pH, turbidity, and contact time between the chemical and the parasite. Until current research determines the right amount of chemical and duration of contact time that will work against giardia under a variety of water conditions, chemicals cannot be recommended for routine disinfection of water for giardia. In an emergency where chemical disinfection is necessary, use an iodine-based product, since iodine is often more effective than chlorine. If possible, filter or strain the water first, and then allow the iodine to work at least 30 minutes before you drink the water. If the water is cold or cloudy, wait

at least an hour, or use more iodine.

Some of the water filtering devices now on the market may also be effective in treating raw water to make it safe to drink.

For short trips, take a supply of water from home, campground faucet water or other domestic source.

PROTECT OTHERS

Giardia can be readily transmitted between humans and animals. Feces (human or animal waste) can contain the organism. Waste should be buried 8 inches deep (or deeper) and at least 100-feet away from natural waters.

Dogs, like people, can get infected with giardiasis. Unless they are carefully controlled, dogs can contaminate the water and continue the chain of infection from animals to humans. For this reason, their inclusion in your travel plans should be carefully considered.

ALTITUDE SICKNESS

Altitude sickness may occur whenever someone ascends rapidly to an altitude of 7,000-feet or more. Symptoms include fatigue, weakness, headache, loss of appetite, nausea, vomiting, and shortness of breath on exertion. Sleep may be difficult for the first few nights. Deep, rapid breathing may occur, causing light-headedness, dizziness, and tingling of hands and feet. These symptoms show that the body is not receiving sufficient oxygen.

To treat altitude problems, stop and rest; breathe deeply a few times; eat some simple sugars, such as candy or fruit; drink some water and take aspirin; and most importantly, travel to a lower elevation if symptoms continue. In extreme cases, descend immediately -death from pulmonary edema can occur.

Prevent altitude sickness by keeping in good physical condition, eating a well balanced diet, and drinking plenty of fluids. Before starting your trip, stay a couple of days at higher altitudes so your body can acclimate.

HYPOTHERMIA

Hypothermia is the rapid and progressive mental and physical collapse which accompanies chilling of the human body's inner core. It is caused by exposure to cold, and is intensified by wetness, wind, and exhaustion.

Hypothermia can and does occur at temperatures well above freezing. Anyone who becomes fatigued in wet and windy conditions is a potential victim.

Once the body temperature falls below 90° Fahrenheit, heat is lost faster than it can be produced by body mechanisms. Two symptoms indicate this state: the victim begins to exercise in an attempt to stay warm; and starts to shiver in an effort to preserve normal temperature in the vital organs. Either of these responses will further deplete the body's energy reserves.

If allowed to continue, the body quickly becomes exhausted, and the brain is severely affected. With judgement and reasoning power lost, the victim is not aware of this happening, nor is he aware of his lowered body temperature. Control of the hands is lost, and without immediate

treatment, this physical and mental slide will result in stupor, collapse, and death. If undetected or untreated, hypothermia can be fatal in a matter of hours.

The best defense against hypothermia is to avoid exposure.

Stay dry: when clothing is wet, it loses approximately 90% of its insulating value, and drains heat from the body. Unlike cotton, down, and synthetics, wool will retain most of its insulating value when wet.

Be aware of the wind: even a slight breeze carries heat away from the body, and forces cold air under as well as through clothing. Wind intensifies cold by evaporating moisture from the surface.

Use proper clothing: wear raingear when necessary, and put it on before getting wet. Use wool clothing and add to it before shivering occurs. Hats, preferably wool, should be worn for protection and to help retain body heat.

If staying warm and dry are not possible under existing conditions, and the "initial" symptoms of hypothermia (Shivering, poor coordination, and fatigue) are detected, action must be taken to terminate exposure. Immediate treatment is to stop heat loss and restore normal body temperature. Get out of the wind and rain. Remove all wet clothing and apply warm, dry clothing. Get into a warm sleeping bag. Warm drinks, even hot water, will restore body heat. Build a fire, or start a backpacker stove, if feasible, and make things as comfortable as possible.

"Advanced" symptoms include slurred speech, drowsiness, amnesia, frequent stumbling, a decrease in shivering, hallucinations and finally stupor, coma, and death. The victim may deny he is in trouble. Believe the symptoms, not the patient.

In advanced cases, follow the same procedure of arresting body heat loss and supplying external heat. In addition, it is necessary to keep the patient awake. To sleep now is to die. Give the victim warm drinks and build a fire to keep the camp warm. Transferring body heat in a sleeping bag through skin-to-skin contact is the most effective and efficient method of treatment.

Do not hesitate to turn back or stop and make camp if inclement weather should appear. However, if exposure to wind, cold, and wetness does occur, remember that anyone can slip into hypothermia in a matter of minutes.

HIGH ALTITUDE PULMONARY EDEMA

High altitude Pulmonary Edema is a rare but serious and extremely dangerous condition. Cases have been reported at altitudes of 8,500-feet and above. The basic problem, as with altitude sickness, is lack of oxygen, and early symptoms are often unrecognized or confused with altitude sickness. However, in the case of pulmonary edema, lack of oxygen sets off a chain of events which divert blood from the body shell to the core, causing congestion of the lungs, brain, and other vital organs.

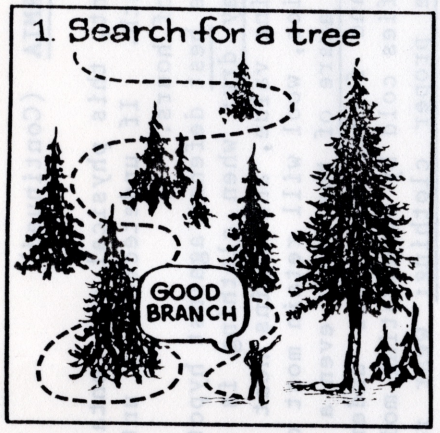
As well as exhibiting symptoms similar to those of altitude sickness, the victim is restless, coughs, and eventually brings up frothy, blood-tinged sputum. The only treatment is immediate descent to a minimum of 2,000-feet lower and a continuous supply of oxygen, if available. Medical help should be secured promptly.

HIGH WATERS

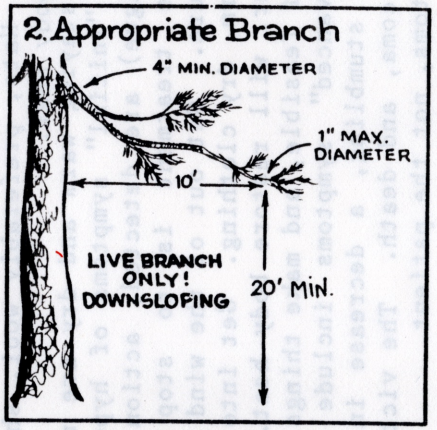
Stream flows will be high and swift during the snowmelt runoff in June and July. Stream crossing can be hazardous -SO BE CAREFUL!

BACKCOUNTRY FOOD STORAGE

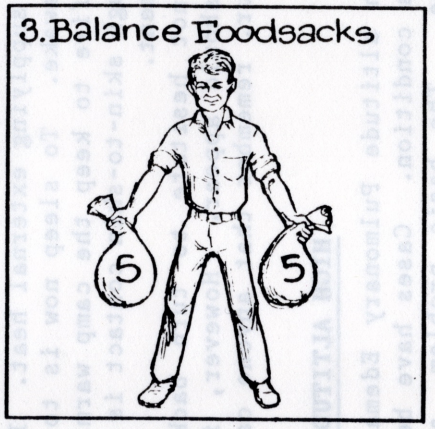
BEARS ARE VERY CLEVER, ANY DEVIATION FROM THIS METHOD WILL NOT PROTECT YOUR FOOD



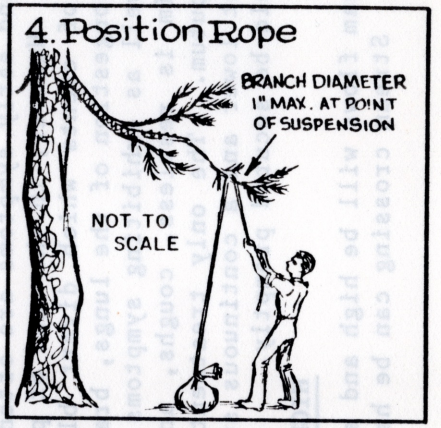
Find tree with appropriate branch, even if you have to walk ¼ mile



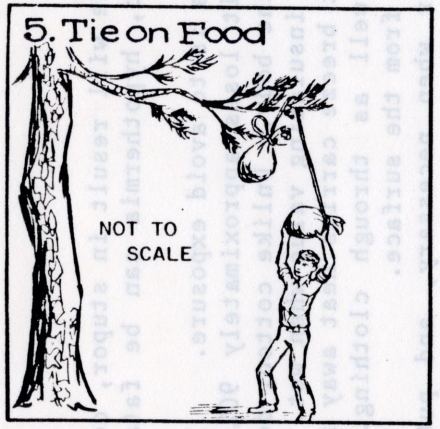
No object that could support bear below branch



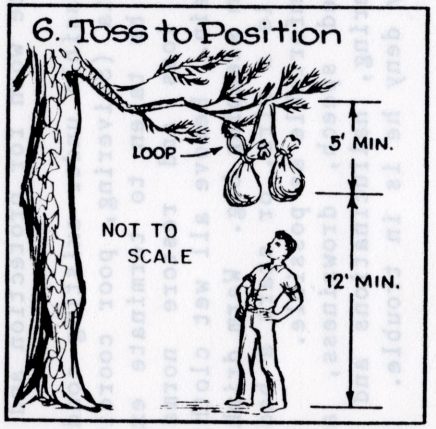
Equal weight; 10 lb. max per sack



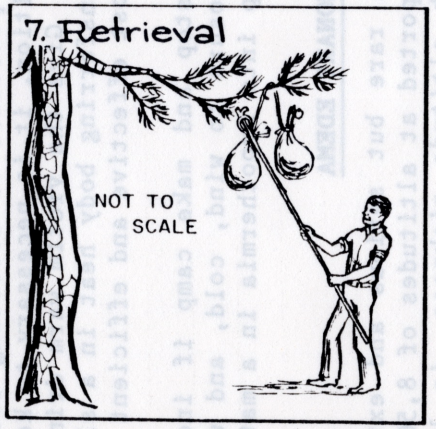
As far out on branch as will support weight of food, not cub



With one sack hoisted to branch, tie second sack as high as possible



Tie a secure loop in rope near one sack for retrieval; put excess rope in sack



Hook loop with stick and pull down

TIPS:

1) Store cosmetics, toothpaste,soap etc., with food.

2) Leave pack on ground with pockets and flaps open.

3) Food taken by bears is still your responsibility; please clean up.

4) Make sure no branches or solid objects are under food for bear to stand on.

5) Use steel cables when provided.

Application for Wilderness Visitor's Permit

Pacific Southwest Region

PERMIT REQUIRED - A Wilderness Visitor's Permit is required to enter Wilderness and Primitive Areas in the National Forests in California. It is free to anyone who will follow simple rules intended to protect both the visitor and the Wilderness resource. The permit also authorizes campfires where they are allowed. Some areas may be limited by quotas.

GOOD FOR A SINGLE TRIP - A separate permit is required for each trip. A group staying together needs only one permit.

Name _____

Address _____

City _____ State ____ Zip _____

Daytime Phone Number _____

Organization/Group _____

To visit _____ Wilderness

Start Date _____ Finish Date _____

Location of Entry _____

Location of Exit _____

Primary Method of Travel _____

No. of People in Group _____

No. of Pack and Saddle Stock _____

Private or Commercial Stock? _____

Destination (Day Trips Only) _____

My 2nd choice of dates and entry/exit points if 1st choice unavailable:

Entry Date _____ Trailhead _____

Exit Date _____ Trailhead _____

My 3rd choice:

Entry Date _____ Trailhead _____

Exit Date _____ Trailhead _____

MT. WHITNEY TRAIL requires a $5.00 fee for reservations. See page 16 for details.

HOW TO OBTAIN PERMIT - Wilderness Permits are issued at Ranger Stations and Forest Service offices near your point of entry. To obtain your permit by mail, complete the application and mail it to the office nearest where you wish to start. (See the map and addresses on the reverse of this sheet.) In some cases you may make arrangements by phone, including after-hours pickup.

Planned overnight camp locations	No. of nights
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____

I agree to abide by all laws, rules and regulations which apply to this area. I will do my best to see that everyone in my group does likewise.

_____ _____

Visitor's Signature Date

NATIONAL PARK PERMITS - For trips starting in National Parks, get a permit from a National Park office. It is good also in adjoining National Forest Wilderness and Primitive areas.

United States Department of Agriculture — Forest Service — Pacific Southwest Region

OTHER OUTDOOR BOOKS

Escape to the exhilarating solitude, breathtaking beauty and thrilling adventure of the great outdoors!

The backcountry traveler and outsdoorsman can get a free catalog of outdoor books and guides from HIGH SIERRA ADVENTURES®. They cover such topics as hiking and backpacking trail guides, camping, fishing and hunting. Also, wilderness survival, cookery and skiing.

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